

# THE "CITIES" MARATHON IKEA 1984



SUNDAY  
19TH AUGUST  
(CITY OF SYDNEY TO  
CITY OF BLACKTOWN)

OPEN WINNER

STEVE  
MONTAGUE

2.29.16

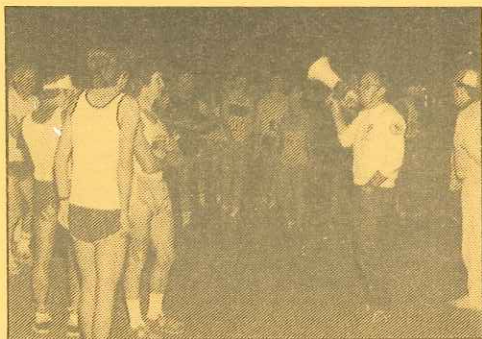
FEMALE WINNER

YVONNE  
COUPER

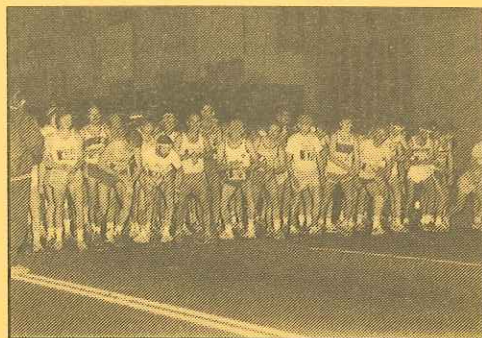
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## RESULTS BOOK

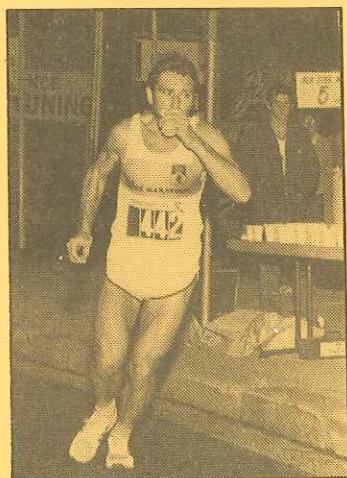
\* THE "CITIES" MARATHON IS A PROJECT OF THE  
BLACKTOWN CITY COUNCIL



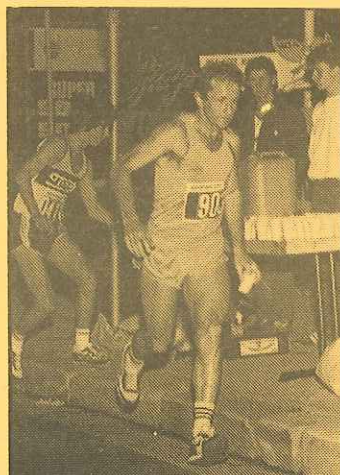
5.45 a.m. FINAL INSTRUCTIONS  
- TOWN HALL SYDNEY



GEORGE ST. SYDNEY - READY TO GO 6 A.M.



STEVE MONTAGUE LEADS THE WAY  
AT FIRST DRINK STATION.



.....HOTLY PURSUED BY IAN GRAVES (2ND)  
AND STUART BROWN (3RD)

## MAYORAL MESSAGE .....



I have been Mayor of Blacktown since 1981. In that time I have attended a great many functions of one sort or another. Still I never cease to be amazed at the energy and spirit shown by people - just ordinary people who like to "do" and not just sit and wait for someone else to do it for them.

Such enthusiasm was certainly evident on Cities Marathon Day, 1984.

First of all I'd like to congratulate all the runners - all 115 of them with their supporters of family and friends. You came from all over Sydney to challenge yourselves to achieve something. I hope you enjoyed that wonderful sense of achievement even though the muscles ached and the feet hurt.

Special congratulations, of course, to Steve Montague who finished first for the third year in a row. We are considering, Steve, making you run all the way from home to the Start as a sort of equalising handicap for next year.

Then a word to all the organisers and volunteers without whom a good idea and all the enthusiasm in the world will not work. As Mayor, I am always proud of what Blacktown people will do to support a local event.

Finally a special thanks on behalf of everyone to the sponsors of this year's Marathon. IKEA did themselves and Blacktown proud with financial support, the provision of entertainment and help in making sure that every runner took home something to reward their efforts. Other sponsors have continued their support over the years. Council is unanimous in recognising such participation.

Like everyone else, I'm looking forward to 1985.



Yours sincerely

Ald. Jim Lynch  
Mayor  
City of Blacktown

# THE IKEA "CITIES" 1984

THE IKEA "CITIES" MARATHON  
CITY OF SYDNEY TO CITY OF BLACKTOWN  
19TH AUGUST, 1984

153 Entrants: 115 Starters: 105 Finishers

The 4th "Cities" Marathon, under the major sponsorship of IKEA started for West Sydney runners at 4.30 a.m. when they were picked up at Blacktown City Council Chambers and driven into the start of the race. For some officials the day had started an hour and a half before hand as they prepared and checked the route.

Sunday, 19th August, dawned cool and overcast as runners filed into Sydney Town Hall to register for the run.

6 a.m. and just over a hundred runners were on the starting line in George Street, Sydney - slight panic with communications to Blacktown as the starters' gun misfired - then "BANG" 6.02 and they were off.

2 hrs 29 min 16 sec later Steve Montague crossed the finish line to take out his third consecutive "Cities" Marathon. Steve ran a different race plan this year breaking from the pack from the start and establishing about a half kilometer lead by the first 5 km check point which he passed through in just over fifteen minutes.

Though second and third placegetters, Ian Graves and Stuart Brown did haul him in towards the end of the race, his lead was substantial enough to give him a comfortable victory over his rival of the past three years, Ian Graves, who finished 1 minute 46 seconds later.

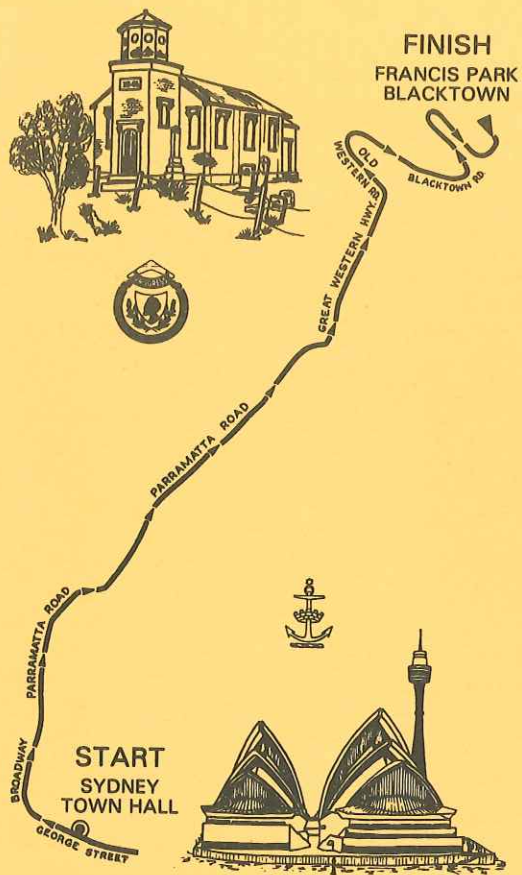
In addition to his winner's prize of a trip to New Zealand to compete in The Fletcher Marathon, Steve will receive a special trophy from Blacktown City Council acknowledging his three consecutive "Cities" victories.

Ian will represent Blacktown City at the 1985 Gold Coast Marathon.

Third placegetter, eighteen year old Stuart Brown, a runner with the Randwick-Botany Club, showed amazing tenacity to pace it out with Ian Graves until the last few kilometers. Stuart's time of 2:41:54 was twenty four minutes under his previous marathon run in 1982!

While our Victorian entrants didn't show up, despite a free accommodation offer by sponsor Hyatt Kingsgate Hotels to an out of work runner, we did have representation from Tasmania and the U.S.A. David Westley from West Hobart finished in a time of 3:47:52 while our American visitor Grover Peterson of Montana ran a 3:28:59, then asked organisers where he could enter some sprint races as he was better at these!!!

Again, while our ladies section was small, it was keenly contested with Yvonne Couper taking first place in 3 hrs 11 min 11 sec. Yvonne only started running marathons the week prior to her 40th birthday - the "Cities" was her sixth marathon and her first win.



Yvonne will join Steve in representing Blacktown City in Rotarua in 1985. Both will stay at the Hyatt Kingsgate Hotel compliments of the management.

Organisers were pleased that with 31% of the runners first time marathoners only three failed to finish - among the finishers was 14 year old Penny Paabo (who slipped past the minimum age entry through entering on the day!) who finished in 5 hrs 12 mins 13 sec.

One of the first time marathoners Craig McKinnon from Woolloomooloo, held fourth position until just after the 20 km mark where he was overtaken by a group of runners. Craig held on to finish eighth in a very creditable time of 3 hrs 15 min 30 sec. The major sponsorship from IKEA helped organisers in many ways, however one aspect enjoyed by all was the New Paramount Jazz Band who played for spectators and runners at Francis Park, Blacktown from 8 a.m. to Presentations time at 10.30 a.m. From a runners point of view the 4th "Cities" Marathon went without a hitch and this was due in no small way to the volunteer groups who work on the day. These volunteers now number upward of two hundred people - such is the needs on an A to B course. No runner left Blacktown City without a prize, all runners receiving IKEA T-Shirts and Towels.

From the many prizes in our lucky draws, local Blacktown runner Ross Keys won the Shane Stedman Surf Ski while Helen Golebiowski won the trip to Melbourne to compete in the Big M Marathon in October - however for many of the finishers the best prize was the massage by the volunteers from the Association of Remedial Masseurs!

IKEA has indicated their willingness to continue their sponsorship in 1985 when the "Cities" will be run on 18th August.

## SOME STATISTICS FROM THE '84 "CITIES"

- Of the eleven females who started - 9 finished
- All male starters (24) over 45 years of age finished
- The greatest drop-out rate of non starters was in the Male Groups U/20 and 20 to 34 years.
- Of the 27 first time Marathoners (41 entered) who started only 3 did not complete the course.
- Youngest runner to finish was local athlete Penny Paabo, a fourteen year old who completed the course in 5 hrs 12 min 13 sec.
- Youngest male was Stuart Smith of Dundas who finished 5 hrs 02 mins 59 sec.
- Oldest was George McGrath of Epping who cruised in at 2.56.45 (George was 'saving' himself for the 50 miler on the next weekend)
- 33 runners improved on their time from their last run.
- It is of interest to note that of 60 runners who had run a marathon within the last four months, 24 bettered their times while 36 recorded slower times

Breaking this down further it was seen that of 12 runners who had competed in the Nike Marathon (8/4/84) six (6) recorded faster times and six (6) slower times, while of the 37 runners who contested the WANG Marathon (10/6/84) sixteen (16) had faster times with twenty one (21) slower. Again, of seven runners who had competed in a Marathon within a month of the "Cities", six (6) recorded slower times. This may give some indication of recovery rates.



"SO MUCH MORE THAN JUST A FURNITURE STORE"

THE "CITIES" MARATHON COMMITTEE  
RECOMMEND YOU

"JOIN THE  
**SHANE**

GANG"

IN THE SUMMER OF  
'85 FOR THE  
ULTIMATE IN \* SURFING



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PREVIOUS "CITIES" RESULTS

1981

102 STARTERS: 92 FINISHERS

OPEN: 1ST IAN GRAVES 2.29.16  
2ND JOHN BOWERS 2.33.45  
3RD LES WOODS 2.33.50

FEMALE OPEN: 1ST SUE HILL 3.00.07 \*  
2ND JOAN SUTTON 3.18.04  
3RD SHIRLEY REDHEAD 3.21.38

1982

76 STARTERS: 67 FINISHERS

OPEN: 1ST STEVE MONTAGUE 2.26.59 \*  
2ND IAN GRAVES 2.28.32  
3RD KEITH CANARD 2.39.53

FEMALE OPEN: MARIA GEMMINIS-CRUIKSHANKS 3.02.20  
SUE HILL 3.04.29  
KAREN JACKSON 3.32.29

1983

167 STARTERS: 154 FINISHERS

OPEN: 1ST STEVE MONTAGUE 2.27.30  
2ND IAN GRAVES 2.30.37  
3RD KEITH CANARD 2.32.31

1984 RESULTS

<u>CATEGORIES</u>	<u>RESULTS</u>		
	<u>ENTERED</u>	<u>STARTED</u>	<u>FINISHED</u>
OPEN FEMALE	12	11	9
U/20 MALE	8	4	4*
20/34 MALE	52	34	32
35/44 MALE	53	42	36
45/49 MALE	14	12	12*
50 OVER MALE	14	12	12*
	<u>153</u>	<u>115</u>	<u>105</u>

OUR THANKS TO



FOR COVERING THE "CITIES"  
'LIVE'

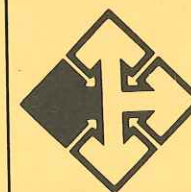
# 1984 'CITIES' MARATHON RESULTS

PLACING	NAME	CLASS POSITION	TIME	AGE
1.	S. Montague	1.	2.29.16	29
2.	I. Graves	1.	2.31.02	40
3.	S. Brown	1.	2.41.54	26
4.	R. Osborne	2.	2.47.27	28
5.	R. Whitehead	2.	2.55.23	44
6.	A. Houghton	3.	2.58.50	26
7.	D. Coe	3.	2.59.16	37
8.	G. Lewiss	4.	3.00.00	38
9.	F. Riley	1.	3.00.04	50
10.	B. King	5.	3.00.16	41
11.	P. Wall	4.	3.00.50	26
12.	A. Hoffman	1.	3.01.00	46
13.	S. Holm	5.	3.06.41	23
14.	M. Liptrot	6.	3.06.02	39
15.	Y. Adrien	2.	3.06.55	45
16.	G. Burney	7.	3.01.20	43
17.	D. Russell	2.	3.09.40	18
18.	G. McGrath	2.	3.09.53	64
19.	D. Callaghan	8.	3.10.23	38
20.	Y. Couper	1.	3.11.11	42
21.	C. McCreaney	9.	3.11.46	40
22.	J. Maccarone	10.	3.12.00	36
23.	E. Cooper	3.	3.14.07	54
24.	S. Petrakis	6.	3.14.43	34
25.	G. Annan	7.	3.14.49	29
26.	C. McKinnon	8.	3.15.30	29
27.	F. Byrne	4.	3.15.55	57
28.	M. Okamoto	9.	3.16.28	26
29.	A. Deakin	2.	3.17.53	42
30.	J. Lennox	11.	3.18.28	35
31.	J. Keating	5.	3.20.41	51
32.	B. Rensford	12.	3.12.01	39
33.	R. Keys	13.	3.21.01	38
34.	C. Kimberley	3.	3.21.29	39
35.	J. Williams	14.	3.21.33	38
36.	H. Boltz	15.	3.21.48	44
37.	J. Sutton	4.	3.21.48	42
38.	S. Dalais	16.	3.22.05	37
39.	M. Topley	17.	3.23.03	41
40.	T. Cumbers	6.	3.23.32	51

41.	A. Porteners	7	3.23.47	52
42.	E. Hatton	3	3.24.29	46
43.	S. Staraj	18	3.24.46	38
44.	C. Bachell	8	3.25.29	56
45.	M. Claydon	19	3.25.31	39
46.	D. Siepman	5	3.25.43	40
47.	A. Gascoyne	10	3.27.46	31
48.	D. Percy	11	3.27.52	34
49.	R. Morrison	20	3.28.39	37
50.	H. Golebiowski	6	3.28.41	29
51.	G. Peterson	21	3.28.59	41
52.	C. Xerri	12	3.29.06	34
53.	J. Holmes	22	3.29.21	42
54.	M. Vaughan	23	3.29.23	41
55.	R. Smith	13	3.30.00	23
56.	D. Graham	14	3.31.00	23
57.	M. Hammad	24	3.32.16	37
58.	L. Howard	15	3.33.22	31
59.	B. Romijn	4	3.35.00	46
60.	E. Hartley	16	3.25.33	34
61.	A. Collins	25	3.35.51	37
62.	J. Mullavey	17	3.35.59	32
63.	B. Weir	5	3.36.16	45
64.	J. Carlson	6	3.38.18	49
65.	G. Chapman	26	3.38.43	37
66.	J. Odell	27	3.39.06	37
67.	M. Ward	18	3.39.58	21
68.	K. Jackson	7	3.40.54	16
69.	D. McCormick	7	3.42.19	47
70.	C. Stephenson	19	3.43.02	28
71.	A. Nagy	20	3.43.02	27
72.	J. Horvath	21	3.44.47	31
73.	K. Forbes	8	3.45.39	45
74.	D. Westley	22	3.47.52	32
75.	J. Donley	28	3.49.48	39
76.	M. Bradbury	23	3.49.55	29
77.	M. Foley	24	3.50.36	30
78.	G. Smith	25	3.50.51	34
79.	L. Walker	26	3.52.21	28
80.	M. Cross	9	3.52.44	45

81.	R. Duncan	10	5.55.32	48
82.	G. Ballard	3	3.56.35	18
83.	T. Huelmo	29	3.56.41	38
84.	I. Paterson	11	4.00.01	40
85.	B. Hanlon	27	4.04.33	31
86.	R. Atkins	30	4.05.45	43
87.	A. Juocys	31	4.05.51	37
88.	G. Hodge	9	4.06.03	51
89.	M. Christie	32	4.07.28	42
90.	P. Deale	28	4.07.28	29
91.	I. Clack	33	4.08.28	40
92.	J. Cowling	34	4.12.00	38
93.	D. Ross	29	4.19.29	34
94.	R. Cox	30	4.20.03	25
95.	F. Whittingham	10	4.22.16	55
96.	P. Muir	11	4.25.42	55
97.	J. Jackson	12	4.28.34	53
98.	R. Cleary	31	4.33.55	28
99.	J. Cusack	35	4.33.50	42
100.	G. Kerruish	12	4.45.22	45
101.	P. Lacko	36	4.51.21	37
102.	S. Smith	4	5.02.59	16
103.	P. Paabo	7	5.12.13	14
104.	H. Paabo	8	5.12.15	37
105.	T. Horn	32	5.15.18	30

OUR THANKS TO



**WESTPOINT**  
SHOPPING CENTRE

THE ONE 'STOP' FOR ALL  
RUNNERS IN THE 'CENTRE'  
OF OUR CITY.

OFFICIALS AND RUNNERS IN THE 'CITIES' THANK — **SEIKO** — FOR THE GREAT TIME!

## '84 'CITIES' LUCKY DRAW RESULTS

### WINNER OF TRIP TO BIG 'M' MARATHON - MELBOURNE - OCTOBER 1984

	<u>Name</u>	<u>Time</u>	<u>From</u>
No: 300	Helen Golebiowski	3.28.41	North Ryde

This is the second time Helen has competed in the 'Cities'. Last year Helen took out 2nd place in the Females Open Section in a time of 3.18.34.

### WINNER OF SHANE SURF SKI

No: 498	Ross Keys	3.21.01	Blacktown
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This is the second year a local runner has taken out this prize. Ross is a well known local runner who competes in most Fun Runs and distance races around Sydney.

### ADIDAS SPORTS GEAR WINNERS \* First Marathon

No: 917	Aldis Juocys	* 4.05.51	Rooty Hill
12	Frank Byrne	3.15.55	Chatswood
458	Paul Cleary	* 4.33.55	Bossley Park
980	Masanobu Okamoto	* 3.16.28	Bondi Beach
2	Frederick Whittingham	* 4.22.16	Liverpool
6	John Keating	3.12.00	Epping

### HYATT KINGSGATE TRACKSUIT

No: 404	Darren Russell	3.09.40	Blacktown
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IN ADDITION TO THIS 30 2WS/SHANE T-SHIRTS AND 50 'AUSTRALIAN RUNNER' MAGAZINES WERE DISTRIBUTED TO RUNNERS.

THE 'CITIES' COMMITTEE  
WISH TO THANK

**adidas** 

AS A SUPPORTING  
SPONSOR, FOR THEIR FINE  
SPORTSWEAR PRIZES.

### SPECIAL LOCAL RUNNERS AWARDS

FIRST LOCAL MALE TO FINISH: No. 404 CHARLES McCREANEY 3.11.46  
FIRST LOCAL FEMALE TO FINISH: No. 326 DOROTHY SIEPMANN 3.25.43



## Fletcher Challenge Marathon

On 6th May 1984 our "Cities" Marathon representatives Steve Montague and Sue Hill continued the standards set in the Fletcher Challenge Marathon by our inaugural winner, Ian Graves, when they took out the Award for the First Overseas Runner to Finish (male and female).

Steve ran a most creditable time of 2.29.28 finishing in 16th position overall.

Sue emulated Steve's effort by recording a 3.01.31 (only 1.30 outside her 'Cities' record) and was 7th over the line in the womens section. This not only gave her first Overseas, but first Veteran and first in her age section - she came away from New Zealand with more prizes than from her last "Cities"!!! An unfortunate (for us) 'side effect' of all this was that Sue didn't contest this years "Cities" having travelled to Perth W.A. to compete in a run there - a prize she won at Rotarua!

Almost 3000 runners contested the 1984 Fletcher Challenge Marathon and in the official 'Start' photograph we have Steve, dead centre, displaying our "Cities" Marathon running singlet - so we can't complain; our runners certainly gave the "Cities" great publicity at Rotarua.

That Sue and Steve did so well must in some part be due to the tremendous hospitality shown by the Management and Staff of the Hyatt Kingsgate Hotel Rotarua, who looked after our runners while they were in New Zealand.

Hyatt Kingsgate Hotels, thanks to Fletcher Challenge Marathon Race Director, Dennis Kenny, have become an official sponsor of the "Cities" and will again be looking after our runners in 1985.

Hyatt Kingsgate are sponsors with a difference - not only do they support the running fraternity, they get their people involved as well.

Michael Claydon, Hyatts Sales Manager for Australia, ran the "Cities" in a very acceptable time of 3.25.31, cutting 31m. 31sec. off his previous time in the '79 Honolulu Marathon! Michael still had enough go in him to make Hyatts presentations at the end of the race.

The 1985 Fletcher Challenge will be run on 20th April when the "Cities" will be represented by Yvonne Couper and Steve Montague - we wish them luck.

Enquiries regarding the Fletcher Challenge should be addressed to:

Dennis Kenny  
Race Director  
Fletcher Challenge Marathon  
P.O. Box 610  
ROTARUA N.Z.

HYATT  KINGSGATE ROTORUA

**A TOUCH OF WELCOME** Hyatt Kingsgate Rotorua offers you the standards of service, cuisine, and amenities you've come to expect in more than 115 Hyatt Hotels worldwide.

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Close to all the attractions yet only minutes from the commercial centre, Hyatt Kingsgate Rotorua must be your next stop.

*A touch of Hyatt*



## THANKS

Thanks again go to the volunteer groups who donate their time and skills to ensure the "Cities" runs smoothly. Special mention must go to the State Emergency Service and the Voluntary Aid Detachment of the Red Cross. The motorcycle police were again superb in their controlling of runners and traffic. The "Cities" Marathon Committee wish to thank the following Groups and Associations without whose help this Event could not take place:

THE SYDNEY CITY COUNCIL  
THE N.S.W. POLICE TRAFFIC BRANCH  
THE BLACKTOWN VOLUNTARY AID DETACHMENT  
OF THE AUSTRALIAN RED CROSS  
BLACKTOWN STATE EMERGENCY SERVICE  
N.S.W. CENTRAL DISTRICT AMBULANCE  
H.M.A.S. NIRIMBA  
BLACKTOWN DISTRICT SOCCER REFEREES ASSOCIATION  
OFFICIALS FROM DOONSIDE, BLACKTOWN, LETHBRIDGE  
PARK, RIVERSTONE, HOLROYD AND PARRAMATTA  
LITTLE ATHLETICS  
OFFICIALS FROM SPORTING CLUBS  
OF BLACKTOWN  
LIONS CLUB OF BLACKTOWN

### Again Special thanks also go to:

THE ASSOCIATION OF REMEDIAL MASSEURS (A.R.M.)

who gave our runners such great service after the Marathon.

Should you wish to use this group in any of your RUNNING EVENTS contact can be made through their Secretary Mrs. C. Palm 534 1453.

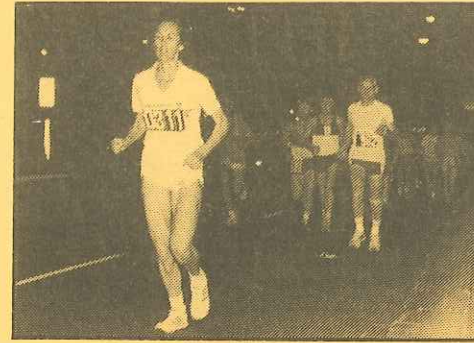
### THANKS ALSO TO:

CARTER WALLACE AUSTRALIA PTY. LTD.  
WHO SUPPLIED OUR RUNNERS WITH



**AUSTRALIAN  
RUNNER**

SETS THE PACE  
IN  
REPORTING AND INTERVIEWS  
ON THE RUNNING SCENE.



FEELING THE PACE? .....  
.....SOME RUN AND SOME CAN STILL SMILE

YOU HAVEN'T RUN A MARATHON TILL YOU'VE RUN

THE "CITIES"....

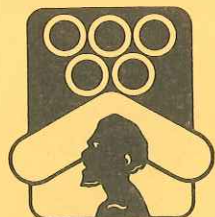
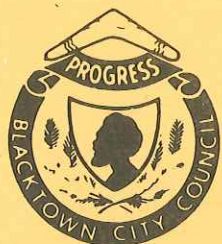
....THE IKEA "CITIES" MARATHON

18TH AUGUST 1985

• THE "CITIES" MARATHON COMMITTEE

ROUTE CO-ORDINATOR:  
 GROUNDS MANAGER:  
 ASSISTANT CO-ORDINATOR:  
 ROUTE MARSHALLS CONTROLLER:  
 COMMUNICATIONS:  
 TIMING SUPERVISOR:  
 DRINK STATIONS & FIRST AID:  
 PRESENTATIONS & AWARDS:  
 PHOTOGRAPHY:  
 RACE CO-ORDINATOR:

IAN McANALLEY  
 HARRY HOFF  
 KATHY COLLINS  
 REG COX  
 PETER CHINQUA (S.E.S.)  
 DARRYL CHANNELS  
 TONY CHAPPLE (RED CROSS)  
 PAUL ARUNDELL  
 NEVILLE LOWE  
 IAIN WINTON



THE "CITIES" MARATHON COMMITTEE IS A SUB COMMITTEE OF  
 THE BLACKTOWN CITY SPORT & RECREATION ADVISORY  
 COMMITTEE

THE "CITIES" MARATHON IS A PROJECT OF

THE BLACKTOWN CITY COUNCIL



## Quality Trophies

• OFFICIAL SUPPLIER TO THE 'CITIES'  
 MARATHON COMMITTEE, AND THE  
 BLACKTOWN CITY SPORT AND  
 RECREATION ADVISORY COMMITTEE

RING OR CALL US FOR:

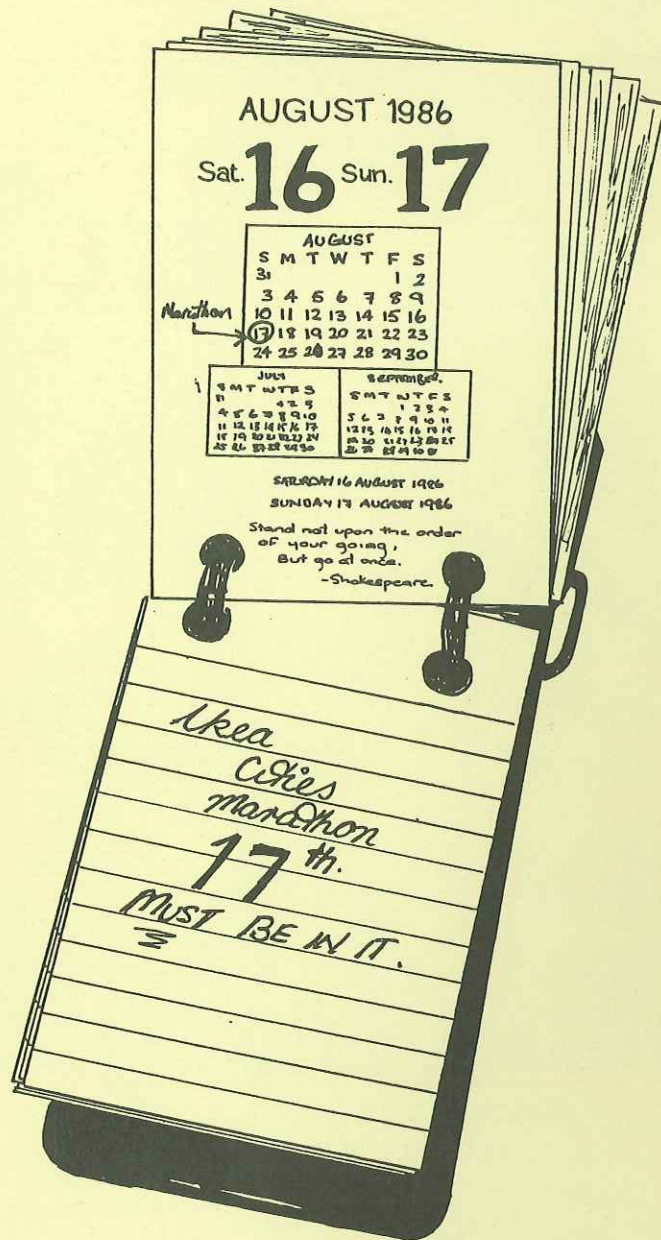
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  - MEDALLIONS • CLOTH BADGES •
  - PEWTER & SILVERWARE
- ENGRAVING DONE ON PREMISES

40 TATTERSALL ROAD,  
 BLACKTOWN. 2148  
 TELEPHONE: 621 2474



WINNERS CAN SMILE.....  
 WHILE OTHERS.....





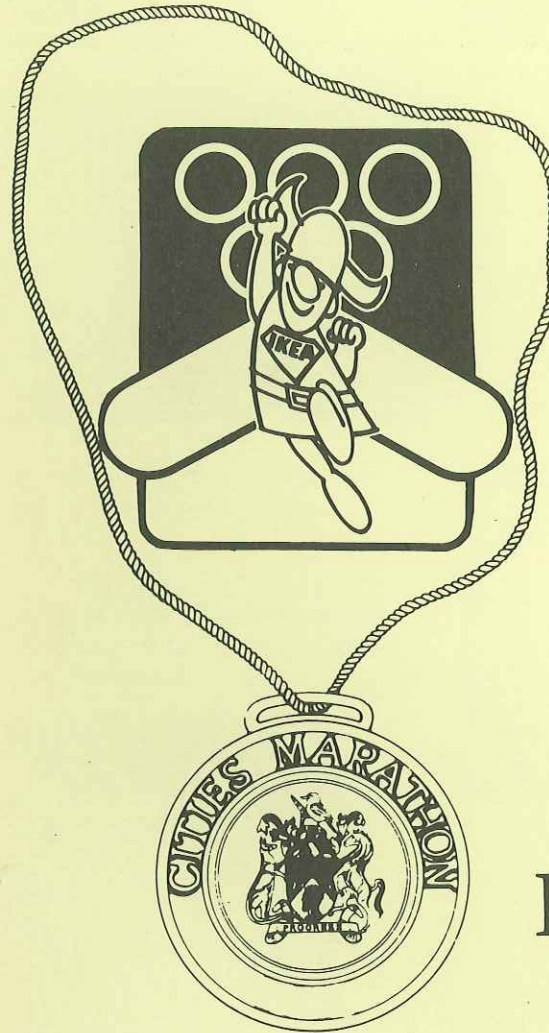
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THE "CITIES" ....

....THE IKEA "CITIES" MARATHON



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SUNDAY  
18TH AUGUST  
(CITY OF SYDNEY TO  
CITY OF BLACKTOWN)

OPEN WINNER

STEVE  
MONTAGUE

2.26.01  
(NEW RECORD)

FEMALE WINNER

YVONNE  
COUPER

3.04.39

## RESULTS BOOK

\* THE "CITIES" MARATHON IS A PROJECT OF THE  
BLACKTOWN CITY COUNCIL



6.00 a.m.  
GEORGE STREET, SYDNEY.  
THEY'RE OFF!



STEVE MONTAGUE,  
GRAEME HEAPE AND IAN GRAVES  
LEAD THE RUNNERS OUT OF SYDNEY.



84 YEAR OLD MRS. DOROTHY  
ROOTS, RUGGED UP FOR THE COLD  
START, BEGINS HER 42 km 'RUN'.



THE SEIKO TIME CLOCK KEEPS  
RUNNERS AWARE OF HOW THEY ARE  
DOING.

## MAYORAL MESSAGE .....



This was the 5th year of the Blacktown "Cities" Marathon, but the first for me as the Mayor of Blacktown.

As an alderman, I've always been aware of a strong local commitment to projects geared to meet their local needs.

I've also seen them work very hard to stage such events as the annual Blacktown Festival to celebrate Blacktown for Blacktown residents.

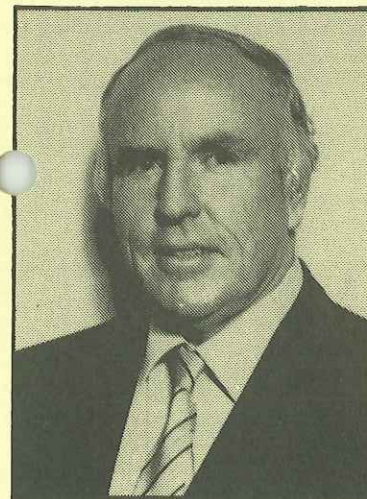
But now I can take real civic pride in appreciating the enormous effort that we here in Blacktown put into a metropolitan event such as the "Cities" Marathon.

The effort made by the runners who gather not only from all over Sydney, but also from interstate, is fantastic. Without their continuing support, the "Cities" Marathon would not become a major event on the runner's calendar.

But there is an equal effort by the organisers on Council's staff, the many helpers who man the refreshments stops, act as marshalls, first aid assistants, etc.

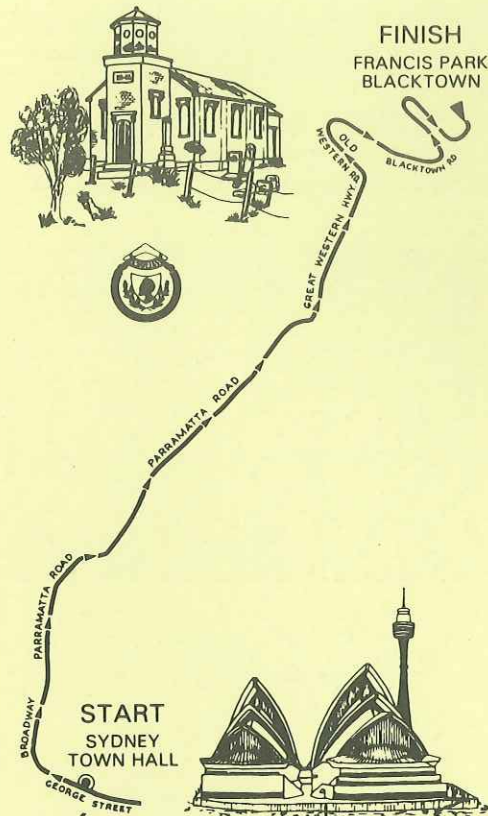
Finally, there is the splendid effort made by our major sponsor, IKEA and all those other sponsors who have remained loyal over the years.

On behalf of Council and the people of Blacktown, I thank you all.



*Leo Kelly*  
ALD. LEO KELLY  
MAYOR  
CITY OF BLACKTOWN

# THE IKEA "CITIES" 1985



"SO MUCH MORE THAN JUST A FURNITURE STORE"

THE IKEA "CITIES" MARATHON - 1985  
CITY OF SYDNEY TO CITY OF BLACKTOWN  
250 ENTRANTS 203 STARTERS 187 FINISHERS

The 5th "Cities" saw the largest field ever contest the event and once again the weather was kind and the conditions good.

In the early dawn runners from as far afield as North Queensland and Victoria started congregating at Sydney Town Hall and by 5.30 a.m. the 'buzz' of runners voices was adding to the hype of pre-race excitement.

Once again the 'regulars' had turned up for the 'run to the WEST'; three times winner Steve Montague, his shadow over the past three years Ian Graves, mister perpetual motion of the running fraternity; 65 year old George McGrath, young Blacktown athlete, 17 year old Karen Jackson, Cronulla regular Chris Stephenson and many more.

Last years Womens Open Winner, Yvonne Couper was there to defend her title, while veteran runner Johnny Bowers had returned for a second crack, after three years absence.

Again Blacktown City was well represented with twenty runners contesting the event and vying for the local runners trophies.

Current N.S.W. State Marathon title holder, Graeme Heape was among the starters but unfortunately, due to recent illness had to withdraw after completing a gruelling 40 km.

The "Cities" also had another wonderful entrant in the shape of 84 year old wheelchair athlete Dorothy Roots, who, along with her support team was to cross the line a very creditable 3 hrs 46 min 23 sec despite a tyre blowout at the 35 km mark!!

No false starts this time, and the starters gun, in the hands of Ald. John Newnham, got the runners off to a good start at 6 a.m. - though when the 2WS reporter asked for a second firing of the gun for her tape recording, some backmarkers nearly returned to the start!

Ian Graves, having run in a marathon the previous week and giving himself no chance of winning decided to set an early fast pace to make the eventual winner work for his prize - no wonder they call him 'WHACKER' Graves in running circles! But his tactic had the desired effect, taking its toll on Graeme Heape and spurring Steve Montague on to his 4th consecutive win and a new race record!

These three runners ran almost shoulder to shoulder for the first part of the race but in the end conditioning told and Steve clawed his way to victory eventually dropping off Graeme at the 37 km mark and going on to win by almost 8 minutes from Ian in the new record time of 2 hrs 26 min 1 sec.

Veteran champion, Johnny Bowers crossed the line in 2 hrs 40 mins 7 sec to take out 3rd place and give the Ross Kelly Team the Open Teams Event. (This was the first time Teams had contested the "Cities" since 1982).

For the second year "running", Yvonne Couper took out the female division, giving our last years winners the double. Yvonne finished in 3 hrs 4 mins 39 sec clipping 7 mins 32 sec off her winning time of '84, but still outside Sue Hills' record of 3 hrs 00.07 sec set in 1981.

Second place went to Angela Wilcock of Cronulla in 3 hrs 12 mins 43 sec. This was Angela's return to distance running after a break of five years and as she said after the event she picked a tough way to return!

Angela Deakin, who ran 2nd in last years event took out 3rd place this year in 3 hrs 34 mins 26 sec. Our last runner crossed the line in 4 hrs 55 mins 53 sec while the majority of runners completed the course under 4 hours (156 runners) which was most pleasing from an officials point of view. Our youngest runner, 11 year old David Costa finished in 3 hrs 17 mins helping his team, the 'Portuguese Australia Runners' to 2nd place in the teams event.

IKEA, who sponsored the "Cities" for the second time, again ensured that no runner left the finish empty-handed.

Not only did IKEA provide prizes for the major placegetters, they also 'showered' runners with IKEA umbrellas, towels, caps and running singlets.

All runners who crossed the finish line received a specially struck International Youth Year medallion as a memento of their run. This was part of Blacktown City Council's commitment to International Youth Year.

Again, we were lucky that the 1985 IKEA "Cities" Marathon went without a hitch and this is due in no small way to our volunteer groups. Our thanks are expressed to these people a little further on in this booklet.

Special thanks to our Masseurs who worked overtime this year - with even Steve Montague taking advantage of their services!!

Hopefully our major sponsor IKEA, who made the whole event possible will be with us again in 1986 when the "Cities" will be run on the 17th August.

To them go our sincere thanks.

IAIN WINTON  
RACE CO-ORDINATOR.

## FOR THE STATISTICALLY MINDED %

Only 74.8% of registered entries actually started the race (47 did not turn up to run). The highest pre-race drop out rate was in the 20-34 age group -24.7% (24 runners). 92.1% of those runners who started the race, finished.

The highest 'during-race' drop out rate was in the 35-44 age group - only 9.3%. The youngest competitor was David Costa, 11 years old, who completed the course in 3 hrs 17 min.

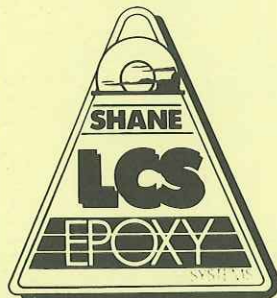
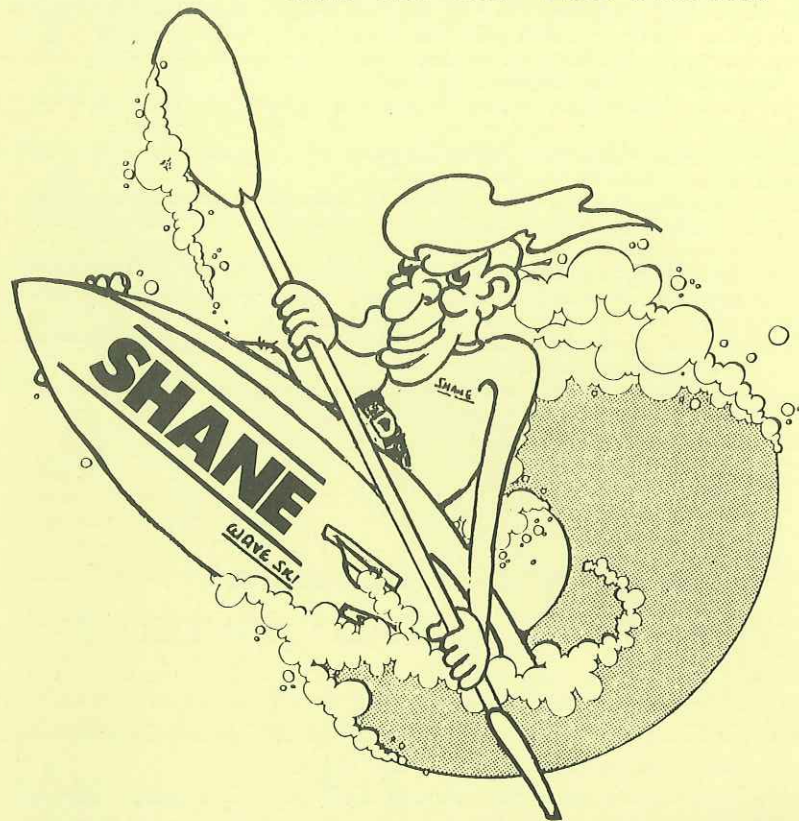
The older runner was 65 year old George McGrath, finishing in 3 hrs and 10 secs. There were 51 'first marathon' entries, of these 38 started and 35 finished. 9 first time runners finished under 3 hrs 30 mins with Gary Meers coming in at 29th spot overall, in 3.05.58, the best 'first marathon' performance.

### \* A FURTHER STATISTIC

Despite the chance to win great prizes out of the 'Cities' Lucky Draw Barrel runners still failed to return 65 chest numbers!! A whopping 26%!! If you still have your number, its return will help keep costs down in '86 ... its only 35¢ to you ... to us its \$2.50!!

"JOIN THE  
**SHANE**

GANG THIS SUMMER.....  
AND TRY THE \*LCS SYSTEMS



\*L.C.S. - EPOXY SKI - THE NEW ERA IN  
WAVE SKIS - RIDDEN BY MICHAEL  
PETRIE IN WINNING THE 1985 AUST.  
WAVE SKI CHAMPIONSHIPS - TESTED IN  
THE HAWAIIAN PIPELINE!!

**SHANE WAVE SKIS**

CNR MITCHELL & SYDENHAM ROADS, BROOKVALE,  
N.S.W. 2100, SYDNEY AUSTRALIA.

Phone: 939 7840, 939 2628.

"CITIES" HALL OF FAME

OPEN

1ST: IAN GRAVES  
2.29.16  
2ND: JOHN BOWERS  
2.33.45  
3RD: LES WOODS  
2.33.50

1981  
102  
STARTERS  
92  
FINISHERS

1ST: STEVE MONTAGUE  
2.27.30  
2ND: IAN GRAVES  
2.30.37  
3RD: KEITH CANARD  
2.32.31

1982  
76  
STARTERS  
67  
FINISHERS

1ST: STEVE MONTAGUE  
2.26.59  
2ND: IAN GRAVES  
2.28.32  
3RD: KEITH CANARD  
2.39.53

1983  
167  
STARTERS  
154  
FINISHERS

1ST: STEVE MONTAGUE  
2.29.16  
2ND: IAN GRAVES  
2.31.02  
3RD: S. BROWN  
2.41.54

1984  
115  
STARTERS  
105  
FINISHERS

1ST: S. MONTAGUE  
2.26.01  
2ND: I. GRAVES  
2.34.24  
3RD: J. BOWERS  
2.40.07

1985  
203  
STARTERS  
187  
FINISHERS

FEMALE OPEN

1ST: SUE HILL  
3.00.07  
2ND: JOAN SUTTON  
3.18.04  
3RD: SHIRLEY REDHEAD  
3.21.38

1ST: MARIA GEMMINIS-CRUIKSHANKS  
3.02.20  
2ND: SUE HILL  
3.04.29  
3RD: KAREN JACKSON  
3.32.29

1ST: S. HILL  
3.10.39  
2ND: H. GOLEBIOWSKI  
3.18.34  
3RD: J. LYONS  
3.25.33

1ST: Y. COUPER  
3.11.11  
2ND: A. DEAKIN  
3.17.53  
3RD: C. KIMBERLEY  
3.21.33

1ST: Y. COUPER  
3.04.39  
2ND: A. WILCOCK  
3.12.43  
3RD: A. DEAKIN  
3.34.26

Winners of Adidas Sports Gear

Walter McCrorie	3.44.40
Grahame Kerruish	3.55.22
Tony Collins	3.35.30
Roger Brook	3.21.56
Ian Graves	2.34.24
Keith Boidin	4.55.53
Geoff Rooke	3.27.42
Karen Jackson	3.41.05

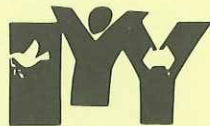
*Living in an  
Adidas Summer*



THE 'CITIES' MARATHON COMMITTEE  
WOULD LIKE TO THANK ADIDAS AS A  
SUPPORTING SPONSOR, FOR THEIR  
FINE SPORTSWEAR PRIZES.

"ADIDAS - THE CHOICE OF CHAMPIONS"

*Special Award for*



International Youth Year '85.

INTERNATIONAL YOUTH YEAR AWARD  
TRIP TO COMPETE IN HONOLULU MARATHON

One of the special events in this year's 'Cities', was the chance for a runner to win a trip to compete in THE HONOLULU MARATHON.

BLACKTOWN COUNCIL decided to implement such an award as part of their contribution to International Youth Year.

Entrants between the ages of 14 years and 24 years who finished the course within 3½ hours (male) and 4 hours (female) were eligible for this lucky draw.

At the commencement of the race, 24 male and one (1) female were within the category, however of these only 11 (eleven) male and one (1) female finished in the time allowed.

The draw took place at Blacktown City Council on the Thursday after the run and 24 year old Ross Pyett's (3.03.59) name was first out of the hat. Ross, who comes from Caringbah had previously run this years 'WANG MARATHON' in 3 hours 12 minutes.

Ross will be presented with his prize at Council in the near future and will be off to Honolulu in December for a weeks tour and will compete in the Honolulu Marathon on December 8th.

1985 RESULTS

PLACING	NAME	CLASS POSITION	TIME	AGE
1	S. Montague	1	2.26.01	30
2	I. Graves	1	2.34.24	41
3	J. Bowers	1	2.40.07	46
4	W. Robinson	2	2.43.53	43
5	K. Washington	2	2.45.16	26
6	R. Osborne	3	2.46.47	29
7	A. Wallace	3	2.48.02	44
8	I. Kearns	4	2.48.52	29
9	J. Lucas	4	2.49.00	41
10	I. J. Walker	5	2.49.36	25
11	G. Beale	6	2.50.27	24
12	P. Ashton	7	2.51.39	32
13	D. Callaghan	5	2.52.11	39
14	J. Williams	6	2.53.25	39
15	S. Greaves	8	2.53.26	28
16	P. Brown	9	2.56.23	24
17	P. Wall	10	2.56.28	27
18	S. Holm	11	2.57.08	24
19	G. Chapman	2	2.57.11	50
20	P. Kelleher	12	2.58.47	27
21	F. Riley	3	2.59.25	51
22	R. Reid	13	3.00.09	33
23	G. McGrath	1	3.00.10	65
24	B. Marden	14	3.02.09	32
25	R. Pyett	15	3.03.59	24
26	G. Burney	7	3.04.16	44
27	Y. Couper	1	3.04.39	43
28	D. Russell	1	3.05.33	19
29	G. J. Meers	16	3.05.58	30
30	E. Hatton	4	3.05.59	47
31	L. Cassidy	8	3.06.27	37
32	N. Whiteman	17	3.07.00	27
33	G. Firkin	5	3.07.11	47
34	B. Perry	18	3.07.28	31
35	J. Maccarone	9	3.08.14	37
36	A. Tindal	19	3.09.10	31
37	S. Skerman	20	3.09.28	30
38	M. Foley	21	3.10.17	31
38	P. Every	22	3.10.17	21
40	S. Mifsud	23	3.10.51	27
41	R. Dufficy	10	3.10.56	41
42	L. Davis	11	3.11.40	39
43	K. O'Connell	6	3.12.21	46
44	R. Wilcock	12	3.12.43	37
44	A. Wilcock	2	3.12.43	32
46	B. Rensford	13	3.13.07	40
47	G. Reid	14	3.13.24	43
48	Y. Adrien	7	3.13.36	46
49	W. Simpson	24	3.15.04	30
49	D. Phillip	25	3.15.04	25
51	R. Keys	15	3.15.19	39
52	G. Eccleston	16	3.15.41	40
53	C. Stephenson	26	3.15.50	29
54	D. Garrot	8	3.15.56	47
55	B. Fickel	27	3.16.10	33
56	D. Ross	17	3.16.28	35
57	A. Costa	9	3.16.59	45



58	D. Costa	2	3.17.00	11
58	J. Carlson	10	3.17.00	50
60	B. Murray	11	3.17.35	52
61	F. Byrne	2	3.17.41	58
62	R. Downie	18	3.18.01	42
63	L. Walker	28	3.18.13	29
64	B. Mann	29	3.18.22	34
64	V. C. Bell	12	3.18.22	48
66	C. Townsend	3	3.18.34	19
67	G. Chapman	19	3.18.52	38
68	B. Leonard	30	3.20.48	34
68	D. McBriarty	31	3.20.48	30
70	D. Gray	20	3.20.48	38
71	J. Stewart	21	3.20.49	38
72	N. Costa	4	3.21.02	15
73	R. Brooke	32	3.21.56	21
74	M. McInerney	33	3.22.29	31
75	S. Petrakis	22	3.23.23	35
76	R. Bartolo	34	3.23.45	28
77	C. Guy	35	3.24.08	30
78	A. Ulloa	13	3.24.15	47
79	G. Box	23	3.24.25	42
80	P. Jones	14	3.24.39	48
81	G. J. Molony	36	3.24.49	32
82	B. Harrison	37	3.24.54	33
83	J. Lennox	24	3.24.57	36
84	A. Mucci	5	3.25.18	16
84	B. Tubb	38	3.25.18	32
86	K. Jackson	39	3.26.05	34
87	T. Saunders	25	3.26.44	35
88	M. Gooch	40	3.27.12	30
89	J. Winton	6	3.27.12	16
90	L. Carter	26	3.27.29	37
91	S. Cameron	27	3.27.36	38
92	R. Duckworth	15	3.27.42	46
92	G. Rooke	41	3.27.42	34
94	R. Hall	28	3.28.09	44
95	S. Staraj	29	3.28.48	39
96	R. Westlake	16	3.29.10	46
97	B. Romijn	17	3.29.53	47
98	W. Hardy	18	3.29.56	47
99	D. Robertson	42	3.30.09	34
100	D. Clarke	19	3.30.58	52
101	W. Dodson	43	3.31.01	26
102	G. Clarke	44	3.31.02	25
103	M. Wieland	45	3.31.04	23
103	E. Hartley	30	3.31.04	35
105	C. Green	31	3.31.43	43
106	N. D. Bailey	32	3.32.17	43
107	M. Liptrot	33	3.32.50	40
108	D. Fitzmaurice	46	3.33.05	20
109	C. Chambers	47	3.33.14	31
110	A. Joseph	34	3.33.18	43
111	R. Reid	35	3.33.31	38
112	A. Deakin	3	3.34.26	43
113	T. Collins	36	3.35.30	37
114	B. Giles	48	3.35.33	30



115	K. Forbes	20	3.35.45	46
116	R. Korzeniowski	37	3.36.52	43
117	S. Dalais	38	3.37.16	38
118	H. Golebiowski	4	3.38.03	30
119	A. Flanagan	49	3.39.28	34
120	H. Schneider	39	3.39.49	37
121	W. Costello	40	3.40.05	43
122	C. Heath	50	3.40.06	34
123	K. Jackson	5	3.41.05	17
124	L. Moore	21	3.41.52	50
125	D. Boidin	51	3.42.13	28
126	E. Cooper	3	3.44.26	55
127	W. McCrorie	4	3.44.40	55
128	G. McConnell	6	3.45.16	42
129	D. Fisher	52	3.45.47	34
130	A. Vandenberg	22	3.46.11	47
131	I. Clarke	53	3.47.56	30
132	R. Shannon	54	3.48.21	34
133	J. Burnitt	55	3.48.35	31
134	K. Mansell	56	3.49.31	34
134	I. Denning	57	3.49.31	28
136	R. Pitts	41	3.49.38	40
137	R. Duncan	23	3.50.33	49
138	J. Byrne	24	3.50.48	46
139	E. Keelys	42	3.51.42	40
140	R. Atkins	43	3.52.24	35
141	P. Lockhart	58	3.52.27	23
142	A. Cleaven	59	3.52.47	31
143	R. Cavill	60	3.52.53	28
144	E. Smith	44	3.52.54	36
145	P. Hudson	25	3.53.17	47
145	P. O'Neill	45	3.53.17	36
147	P. Muir	5	3.54.57	56
148	G. Kerruish	26	3.55.22	46
149	J. Jackson	27	3.55.45	54
150	D. Evans	28	3.57.11	48
151	M. Gladwell	46	3.57.25	37
152	N. Leonard	47	3.57.33	37
153	P. Easson	29	3.57.38	46
154	G. Sodbinow	30	3.57.45	54
155	K. Clemens	48	3.58.02	39
156	W. Foley	7	3.58.44	39
157	D. Moore	61	4.01.59	30
158	D. Murphy	31	4.02.44	49
159	J. Corin	49	4.03.27	43
160	L. Young	50	4.03.52	42
160	E. Watkins	32	4.03.52	45
162	J. Wong	51	4.06.08	35
163	S. Gore-Brown	62	4.06.09	32
164	D. Cunniffe	33	4.07.08	46
165	K. Kencis	52	4.07.34	42
166	K. Murray	34	4.08.03	49
167	J. Garvey	6	4.08.13	62
168	P. Gray	63	4.10.53	21
169	D. Beverley	7	4.12.07	60
170	J. Doolan	53	4.13.01	35
171	L. Allison	54	4.13.06	36
172	V. Oravainen	35	4.15.32	47



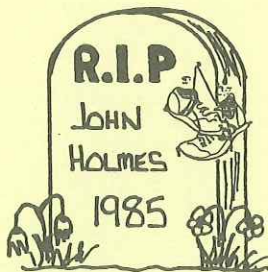
OFFICIALS AND RUNNERS THANK **SEIKO** FOR THE GREAT TIME!

173	G. Ballard	7	4.17.07	19
174	L. Elario	55	4.17.39	35
175	M. Battiste	64	4.21.11	34
176	L. Oliveiro	65	4.22.19	26
177	J. Donovan	56	4.24.24	38
178	S. Smith	8	4.30.24	17
179	L. Cribb	8	4.34.25	30
180	D. Girvan	36	4.34.25	54
181	E. Vega	57	4.34.43	44
182	J. Fleming	66	4.39.22	34
183	R. F. Jang	67	4.43.33	30
184	R. Shepherd	58	4.47.12	35
185	T. Lyall	8	4.50.41	61
186	Mr. Hine	68	4.52.22	32
187	K. Boidin	9	4.55.53	56

### R.I.P.

John was one of the unfortunate runners who relied on a 'friend' to enter his place and time..... His friend didn't!! As a warning to all other runners with 'friends' and to allow John to recover in peace - John Holmes did a personal best of 3 hrs 19 mins 55 secs. He would have finished 68th overall and 20th in his class.

See you next year John!



Iain

Race Co-Ordinator



## C A T E G O R Y R E S U L T S

### UNDER 20 MALE

First Place	Darren Russell	19	3.05.33
Second Place	David Costa	11	3.17.00
Third Place	Colin Townend	19	3.18.34

### 20-34 MALE

First Place	Steve Montague	30	2.26.01
Second Place	Keith Washington	26	2.45.16
Third Place	Robert Osborne	29	2.46.47

### 35-44 MALE

First Place	Ian Graves	41	2.34.24
Second Place	William Robinson	43	2.43.53
Third Place	Allister Wallace	44	2.48.02

### 45-55 MALE

First Place	John Bowers	46	2.40.07
Second Place	Graeme Chapman	50	2.57.11
Third Place	Frank Riley	51	2.59.25

### 55 AND OVER MALE

First Place	George McGrath	65	3.00.10
Second Place	Frank Byrne	62	3.17.41
Third Place	Ernie Cooper	55	3.44.26

### TEAMS

First Place:	Ross Kelly Waste Removals
Second Place:	Portuguese Australia Runners
Third Place:	Lactic Acid Drops

### FIRST LOCAL RUNNER

Male	Graham Firkin	47	3.07.11
Female	Karen Jackson	17	3.41.05

## '85 'CITIES' LUCKY DRAW RESULTS

Winner of Trip to Big 'M' Marathon - Melbourne - October 1985

No. 164 Richard Shannon 3.48.21 Tingira Hts.

Winner of Shane Surf Ski

No. 349 John Corin 4.03.27 Wentworthville

Winners of Spank Running Shoes

No. 191 Ian Clark 3.47.56 Narwee

No. 169 Dennis Fisher 3.45.47 Narara

50 LUCKY RUNNERS ALSO WON  
2WS/SHANE T-SHIRTS

OUR THANKS TO:



FOR THEIR SPONSORSHIP AND  
LIVE COVERAGE OF THE "CITIES"

ALSO TO:



THE ONE 'STOP' FOR ALL RUNNERS  
IN THE 'CENTRE' OF OUR CITY

AND TO: **SPANK SPORTSWEAR** FOR

THE **Saucony** RUNNING SHOES.



## HYATT KINGSGATE ROTORUA

**A TOUCH OF WELCOME** Hyatt Kingsgate Rotorua offers you the standards of service, cuisine, and amenities you've come to expect in more than 115 Hyatt Hotels worldwide.

From the elegant Laura's restaurant to New Zealand's foremost spa and recreational fitness complex, Hyatt Kingsgate has created an environment of discreet luxury; a hotel with something for everyone.

Close to all the attractions yet only minutes from the commercial centre, Hyatt Kingsgate Rotorua must be your next stop.

*A touch of Hyatt*



## FLETCHER CHALLENGE MARATHON ROTORUA - NEW ZEALAND

1986 will see "Cities" Marathon winners contesting the New Zealand Fletcher Challenge Marathon for the 4th time, and with Yvonne Couper and Steve Montague again representing, we should be well acquitted.

Our past representatives have gained recognition for the "Cities" by their fine efforts in the Fletcher - Ian Graves our first Open Winner started the ball rolling when he won the 'First Overseas Runner to Finish' in 1982.

- Sue Hill (our current Open Female Record Holder) not only won her class, but as a result of her time (3 hrs 01 min 31 sec) has been included in the '10 All Time Best Female Times'.

Last year Steve Montague (representing the "Cities" for the 2nd time) and Yvonne Couper, our Female Winner, continued our runners strong showing in the 'Fletcher' by taking our their respective classes - we wish them well again in '86!

The Fletcher Marathon will be run for the 22nd year in 1986 and as such is the premier race in the southern hemisphere with over 3,000 runners expected to compete.

The route of the Fletcher takes runners around Lake Rotorua, a beautiful and scenic run (if you've trained for the hills!) while Dennis Kenny, the Race Director and his Committee make all runners feel most welcome.

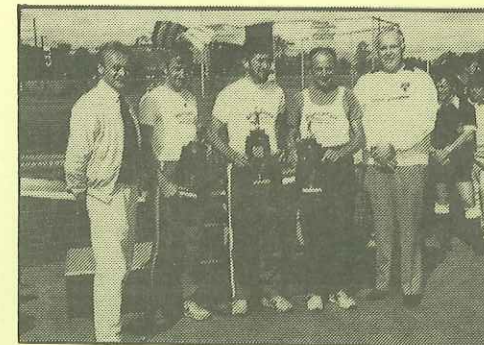
Our runners are made especially welcome through the hospitality of HYATT KINGSGATE HOTELS who look after our runners while they are in New Zealand.

Our thanks this year go again to Sue Hatchwell in New Zealand and Michael Claydon, Hyatts Sales Manager in Australia for arranging Hyatts involvement with the "Cities".

We recommend that any runner interested in visiting New Zealand and running in the Fletcher 'Challenge' Marathon contact Dennis Kenny for details and take advantage of 'A TOUCH OF WELCOME' offered at all Hyatt Kingsgate Hotels.

### ENQUIRIES:

DENNIS KENNY  
FLETCHER CHALLENGE MARATHON  
P.O. BOX 610,  
ROTORUA. N.Z.



**IKEA** - YOU DON'T HAVE TO BE RICH AT IKEA.

### IKEA 'CITIES' MARATHON - 1985 RESULTS

Category	Entered	Started	Finished
Open Female	10	10	8
U/20 Male	10	9	8
20-34 Male	97	73	68
35-44 Male	78	64	58
45-54 Male	42	37	36
55 & Over Male	13	10	9
	<hr/>	<hr/>	<hr/>
	250	203	187



## THANKS

Thanks again go to the volunteer groups who donate their time and skills to ensure the "Cities" runs smoothly. Special mention must go to the State Emergency Service and the Voluntary Aid Detachment of the Red Cross. The Police Traffic Branch were again most helpful. The "Cities" Marathon Committee wish to thank the following Groups and Associations without whose help this event could not take place:

- THE SYDNEY CITY COUNCIL
- THE N.S.W. POLICE TRAFFIC BRANCH
- THE BLACKTOWN VOLUNTARY AID DETACHMENT OF THE AUSTRALIAN RED CROSS
- BLACKTOWN STATE EMERGENCY SERVICE
- N.S.W. CENTRAL DISTRICT AMBULANCE
- BLACKTOWN DISTRICT SOCCER REFEREES ASSOCIATION
- OFFICIALS FROM DOONSIDE, BLACKTOWN, LETHBRIDGE PARK, RIVERSTONE, HOLROYD AND PARRAMATTA LITTLE ATHLETICS
- OFFICIALS FROM SPORTING CLUBS OF BLACKTOWN
- LIONS CLUB OF BLACKTOWN

Again Special thanks also go to:

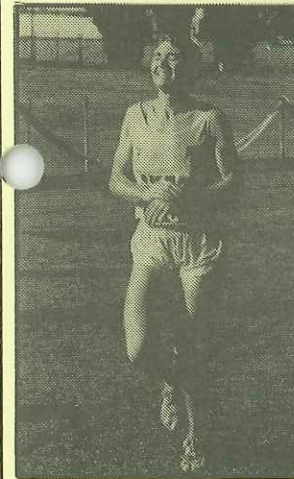
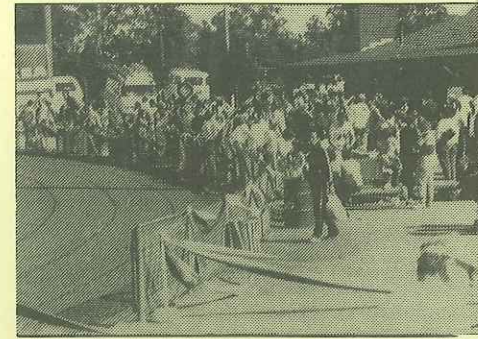
THE ASSOCIATION OF REMEDIAL MASSEURS (A.R.M.)  
who gave our runners such great service after the Marathon.



THANKS TO:

# **AUSTRALIAN RUNNER**

FOR A 'GREAT' MAGAZINE FOR OUR FIRST  
50 ENTRANTS IN THE '85 "CITIES".



THANKS ALSO TO:  
CARTER WALLACE AUST. PTY.  
LTD. WHO SUPPLIED OUR  
RUNNERS WITH . . . . .





## THE "CITIES" MARATHON COMMITTEE



The "Cities" Marathon Committee is a Sub Committee of Blacktown City Council's Sport and Recreation Advisory Committee which organises all major sporting events of the Blacktown Council.

While on the day the Committee (most of whom start prior to 4.00 a.m.) is responsible for the two hundred odd volunteers and officials involved, their task is an ongoing one, for as one "Cities" finishes, the evaluation, and organisational tasks for the next one starts.

To this Committee, headed up by ALD. JOHN NEWNHAM (the man behind the gun!) and consisting of:

DARRYL CHANNELS

KATHY COLLINS

REG COX

IAN McANALLEY

COL MORRIS

Our Photographer, NEVILLE LOWE

and my co-workers, PAUL ARUNDELL & BRIAN ALLEN,

My Sincere Thanks.....

See you in the Wee Small Hours - 1986!

Iain Winton  
RACE CO-ORDINATOR

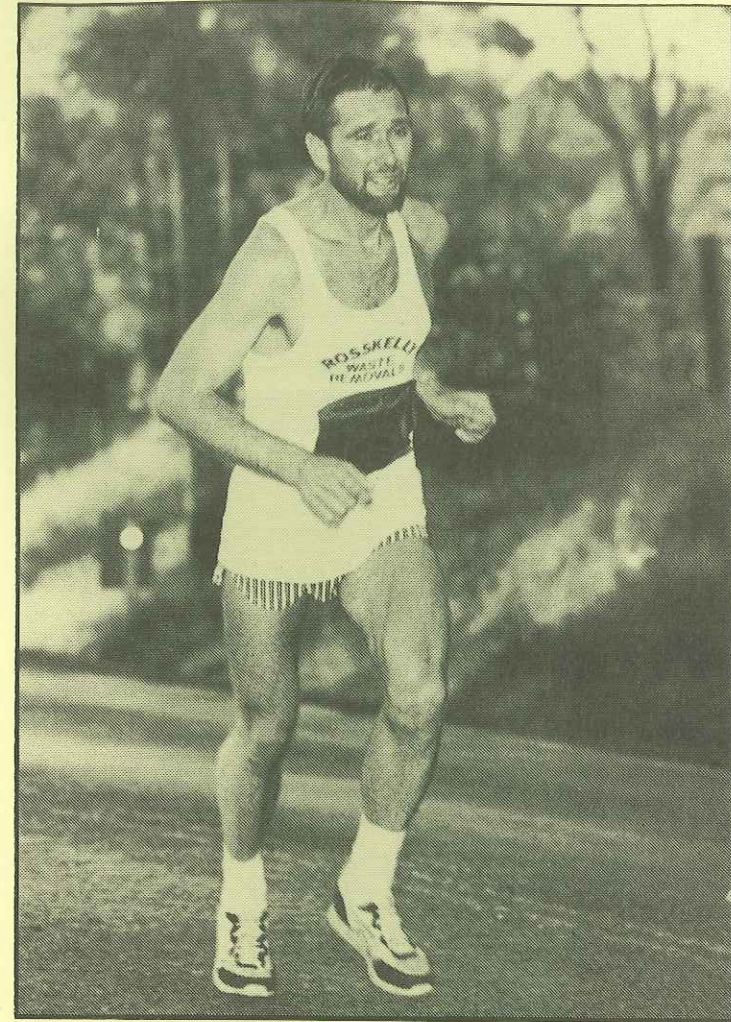


### Quality Trophies

• OFFICIAL SUPPLIER TO THE 'CITIES' MARATHON COMMITTEE, AND THE BLACKTOWN CITY SPORT AND RECREATION ADVISORY COMMITTEE  
RING OR CALL US FOR:

- TROPHIES • SHIELDS • BADGES •
  - MEDALLIONS • CLOTH BADGES •
  - PEWTER & SILVERWARE
- ENGRAVING DONE ON PREMISES

40 TATTERSALL ROAD,  
BLACKTOWN. 2148  
TELEPHONE: 621 2474



STEVE MONTAGUE - FOUR TIMES WINNER OF THE "CITIES"

1982 - 2.26.59

1983 - 2.27.30

1984 - 2.29.16

1985 - 2.26.01 - RECORD

# THE QANTAS 'CITIES' MARATHON 1986



**SUNDAY,  
AUGUST 17th**  
(CITY OF SYDNEY TO  
CITY OF BLACKTOWN)

*OPEN WINNER*  
**STEVE MONTAGUE**  
2hrs 30mins 36secs

*FEMALE WINNER*  
**YVONNE COUPER**  
3hrs 3mins 50secs

## **RESULTS BOOK**

THE "CITIES" MARATHON IS A PROJECT OF THE  
BLACKTOWN CITY COUNCIL



6.00am GEORGE STREET, SYDNEY  
THE PRE-DAWN START.

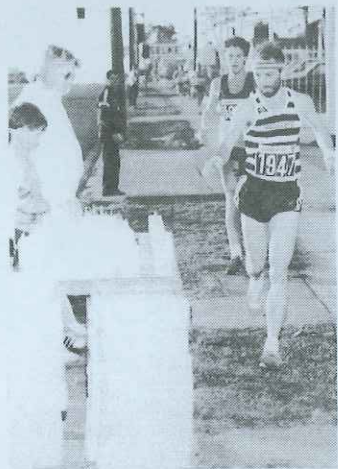
1821 — AMBROSE CLEAVEN  
3013 — GEOFFREY SADLIER  
3008 — DAVID BRIGGS



1872 — KENNETH INGERSOLE  
1979 — "SHUFFLER" KEITH BOIDIN  
1959 — IAN HUTCHINSON  
1931 — STEVEN TALBOT  
1925 — MAZAN SOBRINOW  
1846 — WANDA FOLEY  
1835 — NEIL DOVELL



1947 — ALAN WILLIAMS APPROACHING  
THE NEW 'TETRA-BRIKS' AT ONE OF THE  
EARLY REFRESHMENT STATIONS.



## MAYORAL MESSAGE ...

When I am asked to say "Thank You" on behalf of Blacktown City Council, I always feel that the mere listing of people or groups indicates some order of priority.

In the case of the Cities Marathon, this could never be true. There would have been no marathon this year or for any of the previous five years if all those involved had not made their unique contribution. The runners contribute their energy, their determination and their time to train and to run — a contribution which holds true no matter where they finish on the day.

The volunteer workers who do everything from acting as marshalls to handing out drinks to taping up blisters, give their own time and enthusiasm, often year after year.

Council officers put in much of their special talents and interest beyond normal working hours to organise the marathon and to reflect their own commitment as well as that of Blacktown Council to such events which focus attention on Blacktown and its residents and broaden our contacts beyond our own area.

The sponsors of course, contribute money, but equally they demonstrate the corporate interest in well-organised efforts to stimulate participation and pride and a better understanding between people with a wide variety of interests. We are fortunate in attracting loyal sponsors and in welcoming Qantas as our major sponsor in 1986.

Therefore, let me simply say "Thank You" to all of you from the aldermen and staff of Blacktown City Council and from the residents of Blacktown. Congratulations to Steve Montague as the winner for the fifth year in a row and to Yvonne Couper who was the first lady cross the line!

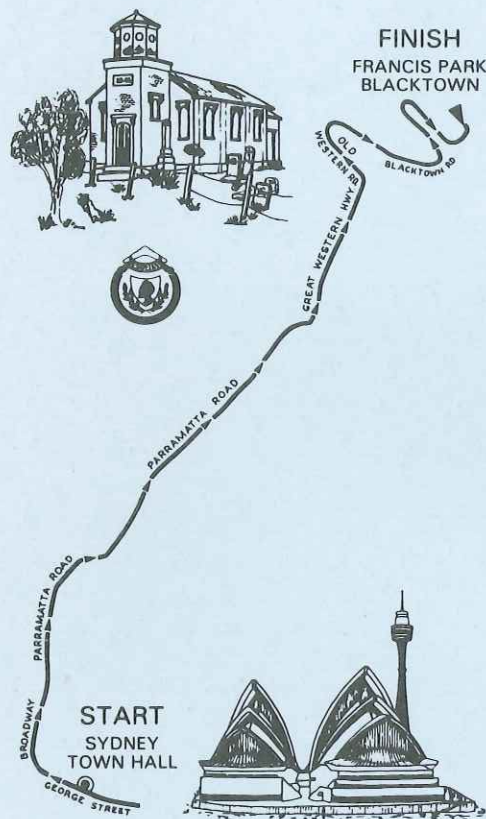
And just one very special mention of the help given by members of the Blacktown branch of the State Emergency Service who turned out as promised despite the fact that they had worked at great risk and for long hours the weekend before the marathon during the tragic August floods.

**ALD. LEO KELLY**  
*Mayor, City of Blacktown.*



BLACKTOWN CITY MAYOR, ALD. LEO KELLY, TOGETHER WITH QANTAS MERCHANDISING MANAGER, MR KEL BURGESS, PRESENT FIRST PLACE FEMALE YVONNE COUPER, THE WINNER'S TROPHY AND QANTAS AIR TICKET.

# THE QANTAS 'CITIES' 1986



**QANTAS**  
THE AUSTRALIAN AIRLINE

## 1986 QANTAS 'CITIES' MARATHON

206 ENTRANTS — 170 STARTERS — 160 FINISHERS

It was 5.55am, Sunday, August 17th and a group of shorts and t-shirt clad runners crowded onto George Street, Sydney. As streetsweepers tidied up after Saturday night revellers, the 1987 QANTAS 'CITIES' Marathoners were preparing to 'fly' to Blacktown.

Under the banner of QANTAS, the 'CITIES' major sponsor, the runners were using various methods of pre-dawn warmers, including the ol' faithful plastic garbage bag.

Once again this pre-dawn start provided runners with a unique beginning to New South Wales' only 'point to point' marathon.

Many regulars had returned including four times winner Steve Montague, his long-time rival and inaugural winner Ian Graves, wheelchair wonder woman Dorothy Roots and the 1985 female division winner, Yvonne Couper.

Again the Blacktown runners were well represented with 17 turning up. Most had started the day at around 4.30 with a bus trip in from the finish, courtesy of the State Emergency Service.

International runners were also represented with John Smets from Oregon, USA. John had heard about the run on his Qantas flight to Australia and although only here for a couple of days on a business trip, he decided to tackle an Aussie marathon. (After completing the run in 4hrs 00mins 29secs he then whizzed back to Mascot Airport to catch his 3.30pm flight home. Whilst most runners were putting their feet up, John was 30,000 feet up!!!)

Iain Winton, the 1985 Race Director was also there, marshalling late entrants, as was Ald. John Newnham, President of the Sport and Recreation Advisory Committee, and at 6.00am he fired the starting pistol that sent the 180 runners 'heading west'.

But for some, the drama had already begun. Mrs Roots had punctured a tyre in her wheelchair on some glass the streetsweeper had missed. A quick change to the 'back-up' chair saw her ready in time to start her second 'CITIES'. Her team of volunteer pushers put in another great performance to have her finish in a personal best, some 3hrs 40min 04secs later.

Very soon the pack had spread out and, as expected, several runners made a break. These included the Rosskelly Waste Removals team of Steve Montague, Ian Graves and Johnny Bowers. They continued their fine form of last year to again take out the teams awards.

Steve was never really headed though, and after the withdrawal of Peter Wheatly at the 39km mark, he cruised to his fifth consecutive win. Ian Graves again shadowed Steve to finish second and newcomer Stuart Greaves took out third spot in the fine time of 2hrs 37mins 49secs.

Yvonne Couper made it a past winners double by winning her third straight 'CITIES' in 3hrs 03mins 50secs. Second spot was taken by Victorian Triathlete Janine Donaldson in 3hrs 22mins 18secs, her very first marathon. Fine running Janine!!! 'CITIES' regular Angela Deakin finished third in 3hrs 32mins 29secs.

Along the route runners were treated to Tetra-Brik water containers, now becoming a familiar feature at running events. The ability of being able to run and sip gained a unanimous vote of approval from runners and organisers will again use them in '87.

Volunteers once again assured the success of the run and thanks is given to them later in this booklet. However, particular thanks should go to the State Emergency Service personnel, who could still be relied upon to act as route marshalls despite their heavy workload of past weeks with the August floods.

Once again, all runners who crossed the finish line were awarded incentives to return again next year. QANTAS finishers patches, certificates and stickers were mailed to all finishers. Also, for the first time, 'CITIES' pins were struck, Gold, Silver and Bronze, and awarded to finishers according to their finishing time.

Personal Best runners also received a P.B. sticker. Well done P.Bers. To finish is fantastic, to run a P.B. outstanding!

And finally, thanks to our Remedial Masseurs, who worked their hands on tired muscles all morning long.

We now look forward to the 1987 'CITIES'. It is pleasing to note that QANTAS will return as our major sponsor and our sincere thanks goes to them for their support.

The 7th 'CITIES' will be a part of the 3rd Blacktown City Games and will form part of the opening ceremony. The Games will run from August 16th to 30th and will provide an opportunity for all Blacktown City to be a part of a major sporting event.

August 1987 looks set to be an exciting time for Blacktown City and the Advisory Committee is looking forward to both the Marathon and the Games.

**BRIAN ALLEN**  
Race Co-ordinator

## SOME STATISTICS

The percentage of pre-registered entrants who did not start the race was 17.47% (37 did not run). 6.47% of starters did not finish the race. (11 did not finish).

The 34 and Under age group had the highest during race drop-out — only 9.85%. In all there were 32 first marathon entrants with 28 starting and 22 finishing.

16-year-old Creese Syred was the youngest to complete the course, in 3hrs 21mins 15secs. The oldest runner to finish was 59-year-old Frank Byrne in 3hrs 12mins 12secs.

The highest placed first time marathoner was Allen Budge who completed his first run in 2hrs 53mins 36secs, and placed 13th overall. Janine Donaldson, in her first run, took out 2nd placed female — 3hrs 22mins 18secs.

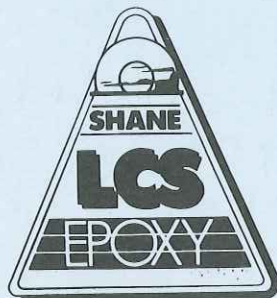
"JOIN THE  
**SHANE**

GANG THIS SUMMER.....  
AND TRY THE \*LCS SYSTEMS



A.L.D. JOHN NEWNHAM, PRESIDENT OF THE BLACKTOWN CITY SPORT AND RECREATION ADVISORY COMMITTEE, PRESENTS LUCKY DRAW WINNER KEITH JACKSON HIS SHANE WAVE SKI.

\*L.C.S. - EPOXY SKI - THE NEW ERA IN WAVE SKIS - RIDDEN BY MICHAEL PETRIE IN WINNING THE 1985 AUST. WAVE SKI CHAMPIONSHIPS - TESTED IN THE HAWAIIAN PIPELINE!!



**SHANE WAVE SKIS**  
CNR MITCHELL & SYDENHAM ROADS, BROOKVALE,  
N.S.W. 2100, SYDNEY AUSTRALIA.  
Phone: 939 7840, 939 2628.

"CITIES" HALL OF FAME

OPEN

1st I. GRAVES
2:29.16
2nd J. BOWERS
2:33.45
3rd I. WOODS
2:33.50

1981  
102  
STARTERS  
92  
FINISHERS

1st S. MONTAGUE
2:27.80
2nd I. GRAVES
2:30.37
3rd K. CANARD
2:32.31

1982  
76  
STARTERS  
67  
FINISHERS

1st S. MONTAGUE
2:26.59
2nd I. GRAVES
2:28.32
3rd K. CANARD
2:39.53

1983  
167  
STARTERS  
154  
FINISHERS

1st S. MONTAGUE
2:29.16
2nd I. GRAVES
2:31.02
3rd S. BROWN
2:41.54

1984  
115  
STARTERS  
105  
FINISHERS

1st S. MONTAGUE
2:26.01
2nd I. GRAVES
2:34.24
3rd J. BOWERS
2:40.07

1985  
203  
STARTERS  
187  
FINISHERS

1st S. MONTAGUE
2:30.36
2nd I. GRAVES
2:39.56
3rd S. GRAVES
2:37.49

1986  
170  
STARTERS  
159  
FINISHERS

FEMALE OPEN

1st S. HILL
3:00.07
2nd J. SUTTON
3:18.04
3rd S. REDHEAD
3:21.38

1st M. GEMMINIS-CRUICKSHANKS
3:02.20
2nd S. HILL
3:04.29
3rd K. JACKSON
3:32.29

1st S. HILL
3:10.39
2nd H. GOLEBIOWSKI
3:18.34
3rd J. LYONS
3:25.33

1st Y. COUPER
3:11.11
2nd A. DEAKIN
3:17.53
3rd C. KIMBERLEY
3:21.33

1st Y. COUPER
3:04.39
2nd A. WILCOCK
3:12.43
3rd A. DEAKIN
3:34.26

1st Y. COUPER
3:03.50
2nd J. DONALDSON
3:22.18
3rd A. DEAKIN
3:32.09

## 1986 QANTAS 'CITIES' RESULTS

Placing	NAME	Class Position	TIME	AGE
1	MONTAGUE, Stephen.....	1	2.30.36	31
2	GRAVES, Ian.....	1	2.34.56	42
3	GREAVES, Stuart.....	2	2.37.49	29
4	REGAN, Peter.....	3	2.42.35	27
5	BOWERS, John.....	1	2.44.09	47
6	WILLIAMS, John.....	2	2.47.08	40
7	BURGESS, Mark.....	4	2.47.18	24
8	BRIGGS, David James.....	5	2.47.40	30
9	GODGREY, Franz.....	6	2.48.52	30
10	OSBORNE, Robert.....	7	2.50.33	30
11	KELLEHER, Paul.....	8	2.50.48	28
12	DORAN, Ray.....	2	2.51.39	46
13	BUDGE, Allen.....	9	2.53.56	34
14	MARTIN, Rod.....	3	2.54.58	43
15	PERRY, Brian.....	10	2.55.25	32
16	ANDERSON, Spot.....	11	2.55.42	20
17	BELL, Vincent.....	3	2.57.03	50
18	GERADA, Vic.....	4	2.57.04	42
19	RUSSELL, Darren.....	12	2.57.20	20
20	ENDERT, Robert.....	13	2.57.22	23
21	RADNIDGE, Anthony.....	14	2.57.24	22
22	PYETT, Ross.....	15	2.57.55	25
23	HARRISON, Robert.....	16	2.58.03	34
24	GARROTT, Dudley.....	4	2.59.40	48
25	MILLS, Larry.....	17	3.00.02	31
26	ROJAS, Patricio.....	18	3.00.18	27
27	SATCHELL, Malcolm.....	5	3.01.50	35
28	SOUTHWELL, Christopher.....	19	3.02.30	22
29	PASCOE, Gary.....	6	3.02.42	35
30	HERD, Robert.....	20	3.03.26	31
31	HOFFMAN, Alan.....	5	3.03.34	48
32	BURNEY, Graham.....	6	3.03.40	45
33	COUPER, Yvonne.....	1	3.03.50	44
34	RILEY, Frank.....	7	3.03.52	52
35	HOLM, Stephen.....	21	3.05.05	25
36	ECCLESTON, Graham.....	7	3.05.17	41
37	CULLEN, Robert.....	22	3.06.15	32
38	SAMS, Laurie.....	23	3.06.46	32
39	SILL, David.....	8	3.07.16	39
40	SIMPSON, William.....	24	3.08.57	31
41	WALL, Peter.....	25	3.09.15	28
42	UREN, John.....	9	3.09.17	37
43	ACOSTA, Pedro.....	10	3.09.51	39
44	FICKEL, Bob.....	26	3.10.04	34
45	BYRNE, Frank.....	1	3.12.12	59
46	GILPIM, Mark.....	27	3.12.27	29
47	FOLEY, Mark.....	28	3.12.45	32
48	CARLSON, John.....	8	3.13.20	51
49	GRAY, Daniel.....	11	3.13.57	39
50	LENNOX, James.....	12	3.14.26	37
51	MUNDY, Tim.....	29	3.14.29	30
52	GUY, Christopher.....	30	3.15.29	31
53	REID, Greg.....	13	3.15.37	44
54	TURNER, Simon.....	14	3.15.38	40
55	NORDISH, Steve.....	15	3.15.45	37
56	BROOMFIELD, Tony.....	16	3.17.20	37
57	HUDSON, Donal.....	17	3.17.21	37

Placing	NAME	Class Position	TIME	AGE
58	JACKSON, Keith.....	18	3.18.55	35
59	GAPPS, Leslie.....	9	3.19.18	51
60	BEESTON, Jeffrey.....	31	3.19.21	31
61	CLARKE, Philip David.....	32	3.19.46	34
62	FIRKIN, Graham.....	10	3.19.49	48
63	DREVER, Graham.....	33	3.20.17	27
64	SYRED, Creese.....	34	3.21.15	16
65	JIRGENS, Peter.....	35	3.21.15	32
66	STARAJ, Sergio.....	19	3.22.12	40
67	DONALDSON, Janine.....	1	3.22.18	20
68	MURRAY, Bruce.....	11	3.22.56	53
69	WILSON, Allan.....	20	3.23.05	38
70	BLACK, Russell L.....	21	3.23.15	36
71	KEYS, Ross.....	22	3.25.15	40
72	MILLS, Paul.....	36	3.25.47	29
73	CUNNINGHAM, Peter.....	12	3.26.21	49
74	OMURA, Toyokazu.....	37	3.26.29	26
75	ROMIJN, Bert.....	13	3.26.30	48
76	CAMERON, Steve.....	23	3.26.43	39
77	GEORGE, Robert.....	38	3.27.32	34
78	VORST, Douwe.....	24	3.28.23	37
79	PERDRAU, Guy.....	25	3.28.58	36
80	MIFSUD, Stephen.....	39	3.29.06	28
81	CLEMENS, Kevin.....	26	3.29.23	40
82	STEPHENSON, Christopher.....	40	3.30.31	30
83	HUDSON, Arthur.....	41	3.30.42	21
84	HARTLEY, Ernest.....	27	3.31.45	36
85	DEAKIN, Angela.....	2	3.32.02	44
86	ROSS, David.....	28	3.32.44	36
87	DOWNIE, Rob.....	29	3.32.51	43
88	STICHER, Otto.....	30	3.33.41	35
89	MANNION, Brendan.....	31	3.33.58	42
90	PETRAKIS, Sotiris.....	32	3.33.59	36
91	KORZENIOWSKI, Richard.....	33	3.34.29	44
92	PATERSON, Bruce.....	2	3.34.37	57
93	BRUCE, Ngair.....	2	3.34.39	33
94	GOLEBIOWSKI, Helen.....	3	3.34.58	30
95	MACCARONE, John.....	34	3.35.23	38
96	O'SHANASSY, Michael.....	42	3.35.31	27
97	WATT, Peter.....	35	3.36.19	40
98	COLLINS, Tony.....	36	3.36.40	39
99	WILLIAMS, Alan.....	43	3.37.01	31
100	HUTCHINS, Stuart James.....	44	3.37.01	22
101	WALKER, Laurie.....	45	3.37.42	30
102	WESTLAKE, Robert.....	14	3.37.55	47
103	COHEN, Ian.....	37	3.38.16	36
104	HALL, Ron.....	15	3.39.15	45
105	JONES, Phillip.....	16	3.39.44	49
106	ROOTS, Dorothy.....	3	3.40.04	85
107	REID, Robert.....	46	3.40.37	34
108	DYER, James.....	38	3.40.39	38
109	FLETCHER, John.....	39	3.41.25	42

OFFICIALS AND RUNNERS THANK

**SEIKO**  
FOR A GREAT TIME

Placing	NAME	Class Position	TIME	AGE
110	ALLAN, John.....	40	3.41.36	36
111	CLARKE, Ian.....	47	3.41.38	31
112	WHYBROW, Steven.....	48	3.43.31	28
113	HUTCHINSON, Ian.....	41	3.44.26	39
114	PERRY, Geraldine.....	4	3.46.14	37
115	TALBOT, Steven.....	49	3.46.17	34
116	BYRNE, Joseph.....	17	3.48.08	47
117	HEATH, Colin.....	42	3.48.39	35
118	McNEILL, Chris.....	50	3.48.40	29
119	TURTON, Philip.....	51	3.49.15	27
120	WEST, Andrew.....	52	3.49.15	25
121	McCORMICK, Derek.....	18	3.49.21	49
122	DOVELL, Neil.....	53	3.49.36	31
123	WANDERER, Franz "Brick".....	19	3.50.45	45
124	UNWIN, Garry.....	43	3.51.03	41
125	VELLA-CRITIEN, Victor.....	54	3.52.44	22
126	MURPHY, David.....	20	3.55.17	50
127	DAY, Stuart.....	55	3.56.06	28
128	BARBER, Barrie.....	3	3.56.27	57
129	STAMPBOLIS, Paul.....	21	3.56.30	45
130	NASH, Jim.....	44	3.56.45	42
131	MUIR, Peter.....	4	3.58.02	57
132	GRAHAM, David.....	56	3.58.34	25
133	MILLER, Lee.....	57	3.59.15	34
134	JACKSON, Karen.....	4	3.59.30	18
135	INGERSOLE, Kenneth.....	58	4.00.17	33
136	SMETS, John.....	5	4.00.29	58
137	PATTINSON, Ralph.....	6	4.03.07	61
138	ANDONOPOULOS, Arthur.....	22	4.03.53	49
139	HINE, Robert.....	59	4.05.05	33
140	KERRUISH, Grahame.....	23	4.05.41	47
141	SOBRINOW, Mazan.....	7	4.06.25	56
142	MAYNE, David.....	60	4.08.08	27
143	WRENCH, Paul.....	45	4.08.34	42
144	COSTELLO, Warren.....	46	4.11.59	44
145	ALLISON, Lloyd.....	47	4.12.17	37
146	CAVANOUGH, John.....	61	4.14.52	33
147	BILBEY, Grant.....	62	4.16.11	22
148	BEA, Carmen.....	5	4.16.20	39
149	EVERY, Brenda.....	6	4.16.59	58
150	BOIDIN, Keith.....	8	4.17.53	57
151	WATKINS, Eric.....	24	4.18.19	46
152	LILLISS, Edward.....	48	4.19.18	44
153	KLEIN, Betty.....	7	4.20.55	52
154	MILLER, Charles.....	9	4.21.20	61
155	McCARTHY, Patrick.....	25	4.27.53	46
156	SHAM, Reg.....	63	4.29.43	32
157	HODGE, George.....	26	4.32.00	53
158	KEATES, Allan.....	64	4.32.45	32
159	SMITH, Stuart.....	65	4.34.26	18
160	WHEELER, Peter.....	49	4.53.09	39

THE **QANTAS** 'CITIES' MARATHON  
THE SPIRIT OF AUSTRALIA  
**— RUNNERS FLYING TO BLACKTOWN —**

## LUCKY DRAW — ADIDAS

Keith Boidin	4 17 53	Seven Hills
Dudley Garrott	2 59 40	Chester Hill
Edward Lilliss	4 19 18	Bass Hill
Allan Wilson	2 23 05	Mt Riverview
Robert Harrison	2 58 03	Woonona
John Fletcher	3 41 25	Glenfield
Paul Wrench	4 08 34	Cabramatta
Graham Drever	3 20 17	Bossley Park



THE 'CITIES' MARATHON COMMITTEE  
 WOULD LIKE TO THANK ADIDAS AS A  
 SUPPORTING SPONSOR, FOR THEIR  
 FINE SPORTSWEAR PRIZES.

"ADIDAS - THE CHOICE OF CHAMPIONS"

## ANOTHER RACE IS RUN

With the appointment of Brian to the position of Recreation Events Co-ordinator with Blacktown City Council, my role as Race Co-ordinator of the "Cities" came to an end.

The "baton change" happend pretty smoothly half-way through the organisation of last year's "Cities" and when Steve crossed the finish line to take out his fifth "Cities" in a row, Brian was in full control.

When I first suggested to Council we (Blacktown) organise a Marathon from the City of Sydney to the West, I really had no idea what I was letting myself in for — it just seemed a good idea at the time!! (I keep forgetting "good ideas are a dime a dozen" — it's the implementation that's the hard part!)

With the "Cities" now pretty well established I'd take this opportunity to say to all the runners, officials and sponsors over the past six years — thanks for the memories!

The organising of the "Cities" and the people I've met through that, will be something I'll remember for the rest of my life; overall it was a most enjoyable experience and I met some beaut people, at all levels — I hope those involved, whether runners or officials got a little of the "buzz" that I got — and who knows, with Brian now carrying the "load" perhaps one day, I'll turn up and

"RUN THE CITIES"

**Iain Winton**  
 Race Co-ord. 1981-1985½



### PERSONAL BEST RUNNERS

Surname	Given Names	1986 'Cities' Time	Previous Best
REGAN	Peter	2 42 35	2 47 26
BRIGGS	David James	2 47 40	2 50 36
DORAN	Ray	2 51 39	2 54 10
BELL	Vincent	2 57 03	3 18 00
RUSSELL	Darren	2 57 20	2 57 31
RADNIDGE	Anthony	2 57 24	3 10 00
PYETT	Ross	2 57 55	3 00 39
HARRISON	Robert	2 58 03	3 20 00
GARROTT	Dudley	2 59 40	3 09 29
MILLS	Larry	3 00 02	3 05 12
SATCHELL	Malcolm	3 01 50	3 42 26
SOUTHWELL	Christopher	3 02 30	3 02 40
PASCOE	Gary	3 02 42	3 30 34
ECCLESTON	Graham	3 05 17	3 15 08
CULLEN	Robert	3 06 15	3 10 56
SILL	David	3 07 16	3 20 39
SIMPSON	William	3 08 57	3 15 04
ACOSTA	Pedro	3 09 51	3 14 18
CARLSON	John	3 13 20	3 15 17
MUNDY	Tim	3 14 29	3 50 00
NORDISH	Steve	3 15 45	3 28 07
JACKSON	Keith	3 18 55	3 26 05
SYRED	Creese	3 21 15	3 44 56
MILLS	Paul	3 25 47	3 36 36
ROMIJN	Bert	3 26 30	3 27 00
CLEMENS	Kevin	3 29 23	3 58 20
STICHER	Otto	3 33 41	3 58 00
WATT	Peter	3 36 19	3 41 00
ROOTS	Dorothy	3 40 04	3 46 00
ALLAN	John	3 41 36	3 42 51
MURPHY	David	3 55 17	3 58 32
DAY	Stuart	3 56 06	4 27 01
STAMPBOLIS	Paul	3 56 30	4 25 00
NASH	Jim	3 56 45	3 59 00
HINE	Robert	4 05 05	4 52 22
LILLISS	Edward	4 19 18	5 00 00
MCCARTHY	Patrick	4.27 53	4 46 01

### CATEGORY RESULTS

#### MALE 34 YEARS AND UNDER

1ST PLACE: P. Regan 2hrs 42mins 35secs. 2ND PLACE: M. BURGESS 2hrs 47mins 18secs.  
3RD PLACE: D. Briggs 2hrs 47mins 40secs.

#### MALE 35-44 YEARS

1ST PLACE: J. Williams 2hrs 47mins 8secs. 2ND PLACE: R. Martin 2hrs 54mins 58secs.  
3RD PLACE: V. Gerrada 2hrs 57mins 4secs.

#### MALE 45-54 YEARS

1ST PLACE: J. Bowers 2hrs 44mins 2secs. 2ND PLACE: R. Doran 2hrs 51mins 39secs.  
3RD PLACE: V. Bell 2hrs 53mins 3secs.

#### MALE 55 AND OVER

1ST PLACE: F. Byrne 3hrs 12mins 12secs. 2ND PLACE: B. PATERSON 3hrs 34mins 37secs.  
3RD PLACE: B. Barber 3hrs 56mins 27secs.

#### FEMALE UNDER 40 YEARS

1ST PLACE: N. Bruce 3hrs 34mins 39secs. 2ND PLACE: H. Golebiowski 3hrs 34mins 58secs.  
3RD PLACE: G. Perry 3hrs 46mins 14secs.

#### FEMALE 40 AND OVER

1ST PLACE: B. Every 4hrs 16mins 59secs. 2ND PLACE: B. Klein 4hrs 20mins 52secs.

#### LOCAL RUNNERS

1st Place (Male): Mark Foley 3hrs 12mins 45secs. 1st Place (Female): Karen Jackson 3hrs 59mins 30secs.

### '86 'CITIES' LUCKY DRAW RESULTS

Winner of Qantas return trip to New Zealand to run in Fletcher Challenge Marathon.

No. 1923      DAVID SILL      3.07.16      WAHROONGA

Winner of Shane Wave Ski

No. 1874      KEITH JACKSON      3.18.55      DRUMMOYNE

Winners of Spank Running Shoes

No. 1975      WILLIAM SIMPSON      3.08.57      SURRY HILLS

No. 3020      IAN CLARKE      3.41.38      JANALLI

OUR THANKS TO:



FOR THEIR SPONSORSHIP AND  
LIVE COVERAGE OF THE "CITIES"

ALSO TO:



THE ONE 'STOP' FOR ALL RUNNERS  
IN THE 'CENTRE' OF OUR CITY

AND TO: **SPANK SPORTSWEAR** FOR

THE **Saucony** RUNNING SHOES.



MENS AND LADIES JAZZ

## HYATT KINGSGATE ROTORUA

**A TOUCH OF WELCOME** Hyatt Kingsgate Rotorua offers you the standards of service, cuisine, and amenities you've come to expect in more than 115 Hyatt Hotels worldwide.

From the elegant Laura's restaurant to New Zealand's foremost spa and recreational fitness complex, Hyatt Kingsgate has created an environment of discreet luxury; a hotel with something for everyone.

Close to all the attractions yet only minutes from the commercial centre, Hyatt Kingsgate Rotorua must be your next stop.

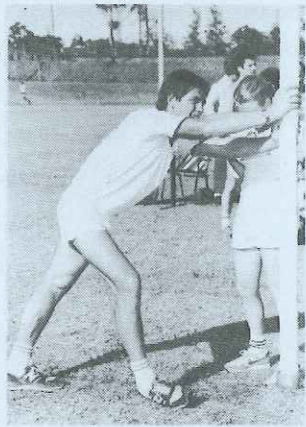
*A touch of Hyatt*



THE CROWD AT THE FINISH LINE



ASSOCIATION OF REMEDIAL MASSEURS — WORKING HARD!



EASING TIRED MUSCLES



A JUBILANT YVONNE COUPER WALKS AWAY FROM THE RECORDING TENT

### 1986 RESULTS

CATEGORY	ENTERED	STARTED	FINISHED
U/40 FEMALE	8	6	6
40 & OVER FEMALE	6	5	4
U/34 MALE	84	71	65
35—44 MALE	66	52	50
45-54 MALE	30	27	26
55 & OVER MALE	12	9	9
<b>TOTAL</b>	<b>206</b>	<b>170</b>	<b>160</b>

## THE 'CITIES' MARATHON COMMITTEE

The 'Cities' Marathon could not go ahead without the work undertaken by the 'Cities' Marathon Committee, a Sub-Committee of Blacktown City's Sport and Recreation Advisory Committee. This Advisory Committee organises all major sporting events of the Blacktown City Council.

On the day the Committee is responsible for the 200-odd volunteers and officials who give up their time (many from as early as 4.00am!), to ensure the safe and successful running of the 'Cities'.

My thanks goes to this Committee, headed up by Ald. John Newnham, and consisting of: Darryl Channels; Kathy Collins; Reg Cox Ian McAnalley; Col Morris and Warren Munro.

Also, thanks to our 'on the spot' photographer Neville Lowe and my co-workers, man with the microphone, Paul Arundell and Lynn Morton.

Lastly, and by no means leastly, a sincere thanks and farewell, to past Race Co-ordinator, Iain Winton. Iain has been involved with the Marathon since its inception in 1981 and has worked hard to ensure its continued success. Whilst the reigns were handed over to me this year, Iain was again there, in the wee small hours, marshalling late entrants. My thanks to Iain for valued advice and support.

The 1987 'Cities' is near. I will be once again looking to the support of the Committee, our volunteers and to Iain, to ensure the starting pistol is fired on time!!

**BRIAN ALLEN**  
Race Co-ordinator



## Quality Trophies

• OFFICIAL SUPPLIER TO THE 'CITIES' MARATHON COMMITTEE, AND THE BLACKTOWN CITY SPORT AND RECREATION ADVISORY COMMITTEE

RING OR CALL US FOR:

- TROPHIES • SHIELDS • BADGES •
- MEDALLIONS • CLOTH BADGES •
- PEWTER & SILVERWARE

ENGRAVING DONE ON PREMISES

SHOPS 1 & 2 ZOLFAIR  
CNR FIRST AVE &  
SUNNYHOLT ROAD  
BLACKTOWN 2148  
Telephone: 621 2474

## THE WINNERS



STEVE MONTAGUE  
SIGNALLING 'FIVE IN A ROW'



YVONNE COUPER  
JUBILANT AFTER HER THIRD  
STRAIGHT VICTORY



84YEAR-OLD DOROTHY ROOTS  
AND SOME OF HER TEAM OF PUSHERS

## THANKS

Thanks again go to the volunteer groups who donate their time and skills to ensure the "Cities" runs smoothly. Special mention must go to the State Emergency Service and the Voluntary Aid Detachment of the Red Cross. The Police Traffic Branch were again most helpful. The "Cities" Marathon Committee wish to thank the following Groups and Associations without whose help this event could not take place:

- THE SYDNEY CITY COUNCIL
- THE N.S.W. POLICE TRAFFIC BRANCH
- THE BLACKTOWN VOLUNTARY AID DETACHMENT OF THE AUSTRALIAN RED CROSS
- BLACKTOWN STATE EMERGENCY SERVICE
- N.S.W. CENTRAL DISTRICT AMBULANCE
- OFFICIALS FROM DOONSIDE, BLACKTOWN, LETHBRIDGE PARK, RIVERSTONE, HOLROYD AND PARRAMATTA LITTLE ATHLETICS
- OFFICIALS FROM SPORTING CLUBS OF BLACKTOWN
- LIONS CLUB OF BLACKTOWN

Again Special thanks also go to:

THE ASSOCIATION OF REMEDIAL MASSEURS (A.R.M.)  
who gave our runners such great service after the Marathon.



THANKS TO:

**AUSTRALIAN**  
**RUNNER**

FOR A 'GREAT' MAGAZINE FOR OUR FIRST  
50 ENTRANTS IN THE '86 "CITIES".



LONG TIME RIVALS STEVE MONTAGUE AND IAN GRAVES AFTER FINISHING 1st and 2nd, FIVE YEARS IN A ROW.



IAN, STILL SMILING AS HE POUNDS THE ROAD.



THE OL'  
1,2,3  
MALE  
STEVE MONTAGUE  
IAN GRAVES  
STUART GREAVES



FEMALE  
YVONNE COUPER  
JANINE DONALDSON  
ANGELA DEAKIN

THANKS ALSO TO:  
CARTER WALLACE AUST. PTY.  
LTD. WHO SUPPLIED OUR  
RUNNERS WITH . . . . .



# 1987 QANTAS 'CITIES' MARATHON

AUGUST 16th, 1987  
6.00am START



Includes

## OPENING CEREMONY of the 3rd BLACKTOWN CITY GAMES



AUGUST 16th TO  
AUGUST 30th

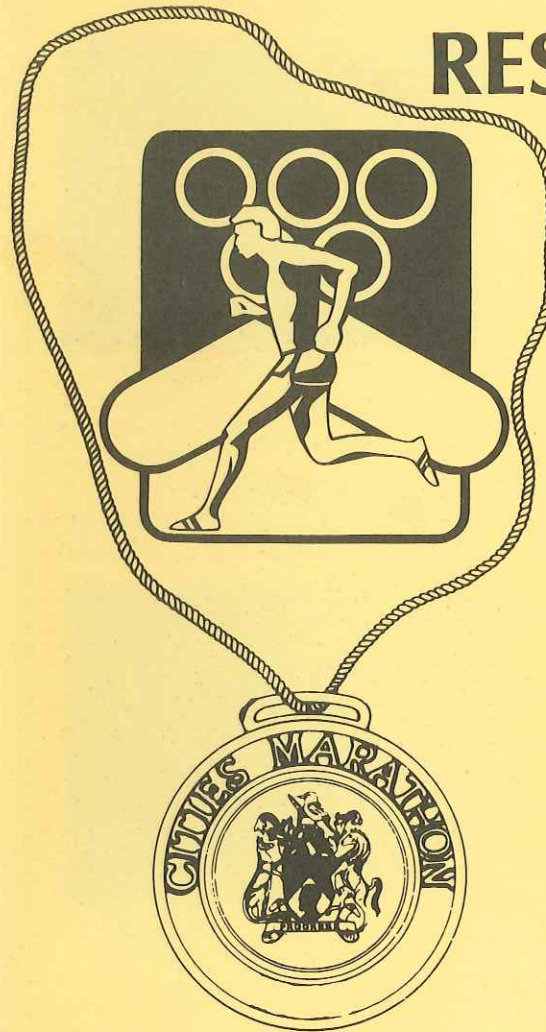
*Save the Koala, Sport!*

**ROAD RUNNER  
ASSOCIATION AWARD  
BEST PHOTO AND  
CAPTION FOR 1987.**



**RUNNING NOT DANCING IN THE DARK  
EARLY STAGES '87 CITIES  
PHOTO SUBMITTED BY MARK FOLEY.**

**THE QANTAS  
'CITIES' MARATHON  
1987**



**RESULTS BOOK**

**SUNDAY  
AUGUST 16th**  
(CITY OF SYDNEY TO  
CITY OF BLACKTOWN)

*OPEN WINNER*

ALAIN LAZARE  
2hrs 21min 44sec

*FEMALE WINNER*

ANGELA DEAKIN  
3hrs 17min 30sec

**RACE RECORD**

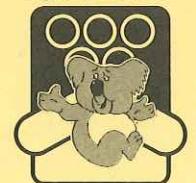
**OPEN**

A. LAZARE  
2hrs 21min 44sec

**FEMALE**

S. HILL  
3hrs 00min 7sec

3rd BLACKTOWN CITY GAMES  
August 16th-30th, 1987



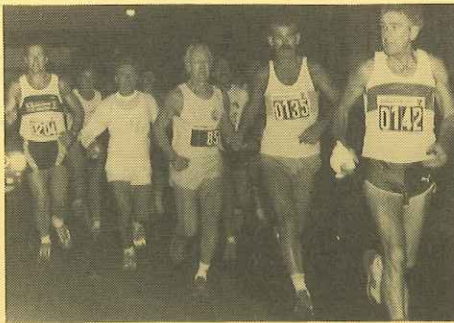
**SAVE THE  
KOALA, SPORT!**

**"1987" 3rd Blacktown City Games**



Waiting for the Start

6.00 am  
George St, Sydney  
The Start

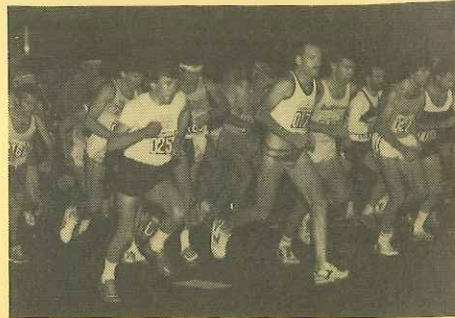


0142 — Philip Jones  
0135 — James Lennox  
85 — Leslie Gapps  
0077 — Richard Korzeniowski  
0204 — Chris Stephenson

0207 — Andrew Hartcher  
0239 — Alan Williams  
71 — Frank Riley  
0230 — William Beattie



0080 — Kerry Duncan  
0170 — Thelma Davies  
0175 — Glenda Sandras



## MAYORAL MESSAGE...



As the newly elected Mayor of the City of Blacktown I must say that one of my enjoyable duties is being able to comment or write on such activities as the "CITIES" Marathon.

The "CITIES" has been an intergral part of our City since it first was run in 1981 and over the years not only has it gained recognition for itself but it has also gained recognition for the City of Blacktown.

I was pleased in November, 1987, as one of my first associations with the Marathon, to receive on behalf of the Council, the ROAD RUNNERS ASSOCIATIONS award for "The Best organised and staged event in N.S.W."

This award, which was presented to Council by the President of the ROAD RUNNERS ASSOCIATION, MR. JOHN FLETCHER, reflects the effort that is put into this event by our organising committee and the countless number of volunteers and volunteer groups which support them.

It would be remiss of me if I did not also mention the support given to the "CITIES" by my colleague the past Mayor Ald. Leo Kelly as well as Ald. John Newnham (the past President of the Sport and Recreation Advisory Committee — Council's Committee responsible for the Marathon.)

The Aldermen, (who still serve on Council), through their support helped give the "CITIES" the recognition it now has; it's not every Marathon that has the Mayor of the City great the runners at the finish line!(especially after a 6 a.m. start!)

With the 1988 "CITIES" part of our Bicentennial celebrations I look forward to my involmment and I hope to meet some of you, the runners, at the finish line.

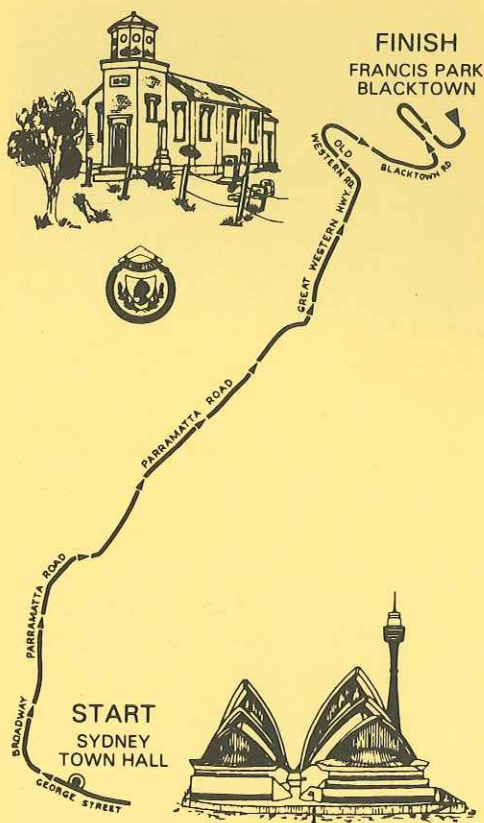
In closing I'd again like to say thanks, on behalf of BLACKTOWN CITY and my colleagues of Council, to all the runners, organisers, volunteers and of course our Sponsors for their involvement in the 1987 Cities Marathon.



**ALD. RUSS DICKENS,**  
Mayor, City of Blacktown.

The former Mayor of Blacktown  
Ald. Leo Kelly presents the 1987 Qantas 'Cities'  
Marathon winner Alain Lazare  
with the 'Cities' Marathon Perpetual Trophy.

# THE QANTAS 'CITIES' 1987



## 1987 QANTAS 'CITIES' MARATHON

177 ENTRANTS — 146 STARTERS — 134 FINISHERS  
AND A NEW RECORD 2HRS. 21. MIN. 44. SEC

The 7th 'Cities' Marathon for some started at 4.30 am as race officials prepared, checked the route, and set up Sydney Town Hall for the Competitors.

Within the hour the Town Hall was a buzz of noise as runners registered then commenced their stretching and warm up exercises. The sun was yet to make an appearance over Sydney when the call went out that the race would start in five minutes.

While Qantas returned as the 'Cities' major sponsor for the second year in a row, many runners had also returned, including Ian Graves ('Cities' winner 1981) Stephen Mifsud, Keith Jackson, John Bowers, Angela Deakin and wheelchair Granny Dorothy Roots and her team. It was unfortunate that due to injury both five times winner Steve Montague and 3 times winner Yvonne Cooper were unable to defend their titles. An international flavour was added to the marathon with the appearance of Frenchmen Alain Lazare (ranked in the top ten in the world) and Jean-Michel Boulanger.

At 6.00 am Ald. John Newnham (the then President of the Blacktown City Council Sport and Recreation Advisory Committee) fired the starting pistol sending the 146 runners heading down George Street and on their way to the City of Blacktown, 42 km away.

Within fifteen minutes a large group which included Alain Lazare, Horst Wegner, John Gumieniuk and Les Good passed through the 5km check point. Alain was never really headed though, and crossed the finish line in 2 hrs 21 min 44 sec to smash a whopping 4 minutes 17 seconds off Steve Montague's '85 record. He finished 4 minutes 21 seconds in front of second placed John Gumieniuk (2.30.05) with 3rd place Horst Wegner (2.32.03) a further 1 minute 58 seconds behind.

Again, while our women's section was small, it was keenly contested, with Angela Deakin finally throwing off her bridesmaid tag by winning at her fourth attempt. Angela's time of 3 hrs 17 minutes 30 seconds was a personal best for the 'Cities', 2nd place went to Jeanette Kristensen in 3 hrs 21 minutes 45 seconds with 3rd place going to Ngaire Bruce 3 hrs 24 minutes 07 seconds.

John Wilken became the highest placed first time marathoner when he finished in the excellent time of 2 hrs 51 minutes 27 seconds to be 16th overall. Other first time marathoners to do well were Martin Collins (2hrs 57min 42sec) 23rd, and Larry Griffith (2hrs 58min 14sec) 26th.

The Mt Pritchard Joggers took out the strongly contested teams event and in doing so completed their hat-trick of team wins for 1987. Horst Wegner, David Briggs and Harry Newman added the 'Cities' title to their Australian and State titles they had won earlier in the year.

Once again all runners who crossed the finish line were awarded incentives to return again next year. QANTAS finishers patches, certificates and 'Cities' pins as well as \*3rd Blacktown City Games patches and medallions were mailed to all finishers.

Volunteers once again assured the success of the run and thanks is given to them later in this booklet. However special thanks should go to the Blacktown and District Soccer Referees Association, State Emergency Service personnel, Blacktown Voluntary Aid Detachment and the Remedial Masseurs who, as usual massaged their way into the grateful hearts of many runners.

As usual the 'Cities' was not without incident and this year one of its better known officials (who shall remain nameless) being over zealous in checking the Sydney Town Hall after the runners had left, got locked inside!! Panic ensued until the Council Caretaker opened the doors and let a most grateful female free.

The 8th 'Cities' Marathon has been granted official N.S.W. Bicentennial Event Status due in part to its course which follows the historic route to the West. Blacktown City with its Sport and Recreation Advisory Committee will help celebrate this nation's 200th Birthday, through the 'Cities' and we look forward to you (the runners) joining us.



**SIMON ROUNTREE**  
CITY GAMES ASSISTANT

Carol Fulker Qantas with 3rd  
Blacktown City Games Mascot

\* The '87 'Cities' was the official opening Event of Blacktown's 3rd City Games and runners received games mementos as part of their reward. The games were most successful and raised over \$6,000 to the "Save the Koala Fund."

## FOR THE STATISTICALLY MINDED

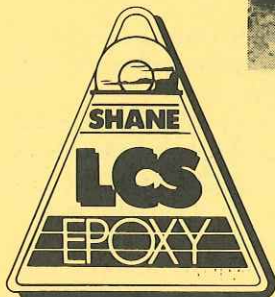
- \* 168 registered entrants 134 finished.
- \* Highest drop out was in the under 35 age group (13) (this reflects the '86 result) and 35-44 age group (13).
- \* 27 runners posted a personal best time whilst a further 26 runners ran in their first marathon
- \* 17 year old Creese Syred was the youngest to finish in 2 hrs 58 min 30 sec. (Giving him the double for this over the past two years). The oldest runner to finish were 64 year old James Garvey (3 hrs 59 min 35 sec) and 64 year old Thelma Davis 4 hrs 42 min 08 sec).
- \* The highest placed first time marathoner was John Wilken who completed his first run in 2 hrs 51 min 27 sec and was placed 16th overall.
- \* 29 runners finished in under 3 hrs — 7 of those finished under 2 hrs 45 min.
- \* It is of interest to note that of 80 runners who had run a marathon within the last four months, 35 bettered their times while 45 recorded slower times.
- \* Breaking this down further it was seen that of 20 runners who had run a marathon within a month of the 'Cities' 12 recorded worse times whilst 8 bettered their times.
- \* We're still not sure if this means anything, but it compares with the '84 'Cities' where out of 12 runners who competed within four months of the run, 6 recorded faster times and 6 recorded slower times, which of the 7 runners who had completed within one month of the 'Cities' 6 recorded slower times. Maybe the 'Cities' is just harder!!?

"JOIN THE  
**SHANE**

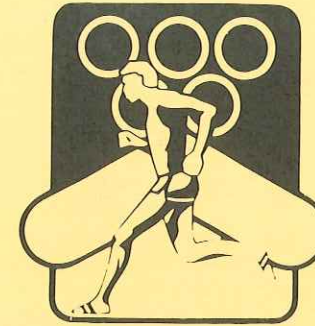
GANG THIS SUMMER.....



Winner of Shane Wave Ski Harry Newman.



**SHANE WAVE SKIS**  
CNR MITCHELL & SYDENHAM ROADS, BROOKVALE,  
N.S.W. 2100, SYDNEY AUSTRALIA.  
Phone: 939 7840, 939 2628.



**NEW RECORD SET FOR "CITIES"**  
**2 HRS. 21 MIN. 44 SEC.**

Alaine Lazare, the highly rated French Caledonian marathon runner smashed five time winner of the 'Cities', Steve Montague's, 1985 record by 4 min. 17 sec in his 1987 effort.

Alaine who used the 'Cities' as a warm-up for the Rome Games, was pleased with his time and also spoke highly of John Gumieniuk (2nd Place) and Horst Wagner (3rd Place) who pressed him in the early stages of the 'Cities'.

Angela Deakin, the Open Women's winner also set her own record in recording a personal best for the 'Cities' and winning at her 4th attempt.

**OPEN WINNERS**

MALE		FEMALE	
1st Alaine Lazare	2.21.44	1st Angela Deakin	3.17.30
2nd John Gumieniuk	2.30.05	2nd Jeanette Kristensen	3.21.45
3rd Horst Wagner	2.32.03	3rd Ngaire Bruce	3.24.07

**Quality Trophies**



• OFFICIAL SUPPLIER TO THE 'CITIES'  
MARATHON COMMITTEE, AND THE  
BLACKTOWN CITY SPORT AND  
RECREATION ADVISORY COMMITTEE  
RING OR CALL US FOR:  
• TROPHIES • SHIELDS • BADGES •  
• MEDALLIONS • CLOTH BADGES •  
• PEWTER & SILVERWARE  
ENGRAVING DONE ON PREMISES

SHOPS 1 & 2 ZOLFAIR  
CNR FIRST AVE &  
SUNNYHOLT ROAD  
BLACKTOWN 2148  
Telephone: 621 2474



## 1987 QANTAS 'CITIES' RESULTS

Placing	NAME	TIME	AGE
1	LAZARE, Alain.....	2.21.44	37
2	GUMIENIUK, John.....	2.30.05	35
3	WEGNER, Horst.....	2.32.03	41
4	BOULANGER, Jean-Michel.....	2.32.34	37
5	GRAVES, Ian.....	2.34.08	43
6	GOOD, Les.....	2.43.55	38
7	VAN HEEKEREN, Ken.....	2.44.55	26
8	FLYNN, Danny.....	2.46.05	41
9	BRIGGS, David.....	2.46.45	31
10	BROMLEY, Rick.....	2.47.11	28
11	WHITTY Lawrence.....	2.47.25	27
12	O'KEEFE, Mark.....	2.48.09	24
13	WALTON, John William.....	2.48.48	39
14	NEWMAN, Harry.....	2.49.59	31
15	MUNDY, Tim.....	2.51.23	31
16	WILKEN, John.....	2.51.27	33
17	PYETT, Ross.....	2.51.33	26
18	BOWERS, John.....	2.52.52	48
19	WHITEHEAD, Ronald.....	2.53.12	47
20	WILLIAMS, Alan.....	2.54.55	32
21	HOFFMAN, Allan.....	2.57.20	49
22	MILLS, Larry Norman.....	2.57.26	32
23	COLLINS, Martin.....	2.57.42	25
24	OSBORNE, Robert.....	2.58.04	31
25	RILEY, Frank.....	2.58.08	53
26	GRIFFITH, Larry.....	2.58.14	34
27	SYREED, Creese.....	2.58.30	16
28	ASCOTT, Stuart.....	2.58.45	31
29	MORROW, Tom.....	2.58.49	24
30	WATKINS, Gregory.....	3.01.48	26
31	HARTCHER, Andrew.....	3.02.34	29
32	MIFSUD, Stephen.....	3.04.28	29
33	HENNESSEY, Laurie.....	3.05.50	46
34	MAYBERRY, Bruce.....	3.06.45	34
35	MARTIN, Rod.....	3.07.11	44
36	DREVER, Graham.....	3.07.38	28
37	SMALL, Graham.....	3.07.53	25
38	FICKEL, Bob.....	3.07.56	35
39	GRAY, Daniel.....	3.08.57	40
40	SEQUEIRA, Dominic.....	3.09.31	37
41	SKERMAN, Simon.....	3.09.58	32
42	KEAN, Michael.....	3.11.38	36
43	McINTYRE, Gregory.....	3.11.59	23
44	CARLSON, John.....	3.12.09	52
45	OCONNEL, Keith Edward.....	3.13.50	48
46	VINCENT, Stephen.....	3.14.12	29
47	JACKSON, Keith.....	3.15.15	36
48	WILLIAMS, OLIVER.....	3.16.59	37
49	GOSLIN, Steve.....	3.17.09	28
50	KORZENIOWSKI, Richard.....	3.17.20	45

Placing	NAME	TIME	AGE
51	ULLOA, Abdon.....	3.17.20	49
52	GAPPS, Leslie.....	3.17.24	52
53	DEAKIN, Angela.....	3.17.30	45
54	GIRVAN, Dave.....	3.17.30	56
55	TURNER, Simon.....	3.17.44	42
56	MILLS, Paul.....	3.17.45	30
57	BOIDIN, Dominic.....	3.18.33	30
58	GARROTT, Dudley.....	3.20.30	49
59	CLEMENS, Kevin.....	3.21.38	41
60	KRISTENSEN, Jeanette.....	3.21.45	40
61	SHIPLEY, Graeme.....	3.21.59	37
62	GRAHAM, David.....	3.22.25	26
63	VANDENBERGH, Tony.....	3.22.28	55
64	BRUCE, Ngairi.....	3.24.07	34
65	REID, Gregory.....	3.24.27	45
66	LAZORYZAK, Stanley.....	3.24.34	37
67	MAHONY, Paul.....	3.25.28	35
68	FIRKIN, Graham.....	3.25.34	49
69	MANNING, Peter.....	3.25.44	34
70	DENNIS, Roderick.....	3.26.15	41
71	SMITH, Peter.....	3.26.30	45
72	HUXLEY, John.....	3.27.02	39
73	BEATTIE, Russell William.....	3.27.20	23
74	COHEN, Ian.....	3.27.54	37
75	HUTCHISON, Ian.....	3.28.50	40
76	SWAN, Robert.....	3.30.05	41
77	HILL, Steven Ward.....	3.30.48	30
78	GAGE, Peter.....	3.30.48	34
79	McINTOSH, John.....	3.31.12	59
80	HINE, Robert.....	3.31.51	34
81	WILSON, Gordon.....	3.32.50	35
82	JONES, Philip.....	3.33.14	50
83	BYRNE, Frank.....	3.34.21	60
84	LIPROT, Michael.....	3.34.48	42
85	MACCARONE, John.....	3.35.50	39
86	MITCHELL, Michael.....	3.35.56	34
87	KENNEDY, Robin.....	3.35.56	36
88	SANDARS, Glenda.....	3.37.55	34
89	PATERSON, Bruce.....	3.38.20	58
90	FLETCHER, John.....	3.38.41	43
91	MORRE, Jean-Claude.....	3.38.49	31
92	WANDERER, Franz "Brick".....	3.39.19	46
93	McFALL, James.....	3.40.41	48
94	GRANT, Stephen.....	3.41.32	29
95	HORWOOD, Martin.....	3.41.36	27
96	BLACK, Russell. L.....	3.43.27	37
97	HARRISON, Wayne.....	3.45.20	32
98	HICKLING, Robert.....	3.45.35	33
99	DAY, Stuart.....	3.46.06	29
100	JACKSON, Karen.....	3.46.12	19

OFFICIALS AND RUNNERS THANK

**SEIKO**  
FOR A GREAT TIME

THE  **QANTAS 'CITIES' MARATHON**  
THE SPIRIT OF AUSTRALIA

— RUNNERS FLYING TO BLACKTOWN —

Placing	NAME	TIME	AGE
101	MUIR, Peter.....	3.46.15	58
102	BURKE, Grant.....	3.47.25	36
103	LATIMORE, Glenn.....	3.47.44	36
104	SMITH, David.....	3.47.49	37
105	TRENOWDEN, Timothy Roy.....	3.50.47	25
106	COLLINS, Tony.....	3.51.01	40
107	DUNCAN, Robert.....	3.51.15	51
108	WEBSTER, I.....	3.51.54	31
109	McDONALD, Christopher.....	3.52.23	34
110	VEGA, Eduardo.....	3.52.46	46
111	MORTIMER, Tom.....	3.53.12	53
112	COLWELL, Brian.....	3.54.56	38
113	HALL, Ron.....	3.58.00	46
114	GARVEY, James.....	3.59.35	64
115	McCOLL, Barry.....	4.01.17	48
116	FOLEY, Wanda.....	4.08.28	41
117	FITZSIMONS, Michael.....	4.08.30	31
118	INGERSOLE, Ken.....	4.10.10	34
119	ISMAY, Ian.....	4.10.39	41
120	DODIMEAD, Craig.....	4.10.53	25
121	NAYLOR, Alan.....	4.11.27	39
122	SODBINOW, Mazan.....	4.17.30	57
123	ARNAUDON, Thomas.....	4.18.26	36
124	MANSELL, Kevin.....	4.23.34	36
125	GLADWELL, Mark.....	4.23.34	39
126	LILLIS, Edward.....	4.27.17	45
127	KERRUISH, Grahame.....	4.29.19	48
128	JACKSON, Jim.....	4.31.18	56
129	SMITH, Stuart Anthony.....	4.31.35	19
130	VIJAYA, Kumar Chidambaram.....	4.36.54	28
131	VAN DYK, Jan.....	4.41.53	52
132	DUNCAN, Kerry.....	4.42.02	38
133	DAVIES, Thelma.....	4.42.08	64
134	MORTELL, Barry.....	4.50.18	25

### 1987 LUCKY DRAW — ADIDAS

David Briggs	2.46.45	Glenfield
Paul Mahoney	3.25.28	Copacabana
Gareme Shply	3.21.59	Berowa
John Bower	2.52.52	Kirrawee
Eduardo Vega	3.52.46	Lidcombe
Timothy Trenowden	3.50.47	Paddington
Dominic Boidin	3.18.33	Faulconbridge



**adidas**

THE 'CITIES' MARATHON COMMITTEE WOULD LIKE TO THANK ADIDAS AS A SUPPORTING SPONSOR, FOR THEIR FINE SPORTSWEAR PRIZES.

*Living in an Adidas Summer*

**"ADIDAS - THE CHOICE OF CHAMPIONS"**

### ORGANISERS AWARDS

At BLACKTOWN CITY COUNCIL'S Ordinary Meeting of 18th November, 1987, the President of the Road Runners Association, Mr. John Fletcher presented BLACKTOWN COUNCIL'S Mayor Alderman Russ Dickens with the 'ORGANISERS AWARD' reproduced below :—



The 'CITIES' is proud to be the recipient of such an Award and thanks you, the runners, for your support.

## PERSONAL BEST RUNNERS

In 1986 the "CITIES" recognised 'Personal Best' runners with a special sticker — this year we go one further

Surname	Given Names	1987 'Cities' Time	Previous Best
Gumieniuk	John	2.30.05	2.36.07
Van Heekeren	Ken	2.44.55	2.50.22
O'Keefe	Mark	2.48.09	2.53.13
Mundy	Tim	2.51.23	3.04.21
Pyett	Ross	2.51.33	2.57.55
Whitehead	Ronald	2.53.12	2.53.21
Williams	Alan	2.54.55	2.55.14
Hoffman	Allan	2.57.20	2.58.32
Morrow	Tom	2.58.49	3.06.18
Mifsud	Stephen	3.04.28	3.10.51
Mayberry	Bruce	3.06.45	3.10.59
Small	Graham	3.07.53	3.08.03
Carlson	John	3.12.09	3.13.20
Korzeniowski	Richard	3.17.20	3.34.29
Mills	Paul	3.17.45	3.22.46
Boidin	Dominic	3.18.33	3.29.18
Clemens	Kevin	3.21.38	3.29.40
Kristensen	Jeanette	3.21.45	3.26.56
Graham	David	3.22.25	3.25.00
Bruce	Ngairé	3.24.07	3.25.40
Lazoryzak	Stanley	3.24.34	3.30.03
Cohen	Ian	3.27.54	3.38.06
Hine	Robert	3.31.51	3.37.35
Morre	Jean-Claude	3.38.49	3.47.20
McDonald	Christopher	3.52.23	3.54.56
McCool	Barry	4.01.17	4.54.00
Naylor	Allan	4.11.27	4.17.35

Congrats Runners on a Personal Best in the Tough One! You haven't had a Marathon till you've run the "Cities"!

## CATEGORY RESULTS

### MALE 34 YEARS AND UNDER

1ST PLACE: K. VAN HEEKEREN 2hrs 44mins 55secs. 2ND PLACE: D. BRIGGS 2hrs 46mins 45secs.  
3RD PLACE: R. BROMLEY 2hrs 47mins 11secs.

### MALE 35—44 YEARS

1ST PLACE: A. LAZARE 2hrs 21mins 44secs. 2ND PLACE: J. GUMIENIUK 2hrs 30mins 05secs.  
3RD PLACE: H. WEGNER 2hrs 32mins 03secs.

### MALE 45—54 YEARS

1ST PLACE: J. BOWERS 2hrs 52mins 52secs. 2ND PLACE: R. WHITHEAD 2hrs 53mins 12secs.  
3RD PLACE: A. HOFFMAN 2hrs 57mins 20secs.

### MALE 55 AND OVER

1ST PLACE: D. GIRVAN 3hrs 17mins 30secs. 2ND PLACE: T. VANDENBERGH 3hrs 22mins 28secs.  
3RD PLACE: T. McINTOSH 3hrs 31mins 12secs.

### FEMALE 40 YEARS AND UNDER

1ST PLACE: N. BRUCE 3hrs 24mins 07secs. 2ND PLACE: G. SANDARS 3hrs 37mins 55secs.  
3RD PLACE: K. JACKSON 3hrs 46mins 12secs.

### FEMALE 41 YEARS AND OVER

1ST PLACE: A. DEAKIN 3hrs 17mins 30secs. 2ND PLACE: J. KRISTENSEN 3hrs 21mins 45secs.  
3RD PLACE: W. FOLEY 4hrs 08min 28sec.

## THE FLETCHER CHALLENGE MARATHON & HYATT HOTELS, ROTORUA — NEW ZEALAND

Past winners of the 'Cities' have flown to New Zealand to compete in the FLETCHER CHALLENGE MARATHON on a number of occasions, with great success.

It is unfortunate that due to injuries, family commitments, etc. we have not had representation in the past two years. However, this may be rectified in 1988!

DENNIS KENNY the organiser of the 'Fletcher' is our contact in New Zealand and has been a wonderful host to our runners.

Dennis is responsible for our Hyatt Hotels sponsorship, which ensures our runners live in the lap of luxury at ROTORUA before taking up laps of another kind!

Hyatt Kingsgate in both SYDNEY and ROTORUA have taken a personal interest in the 'Cities' with runners being accommodated at both hotels.

We'd take this opportunity to thank both Hyatt and Dennis for their support.

ENQUIRES for the 24th FLETCHER CHALLENGE marathon to be run in May, 1988 should be directed to:-

DENNIS KENNY  
FLETCHER CHALLENGE MARATHON  
P.O. BOX 610  
ROTORUA  
NEW ZEALAND



## HYATT KINGSGATE ROTORUA

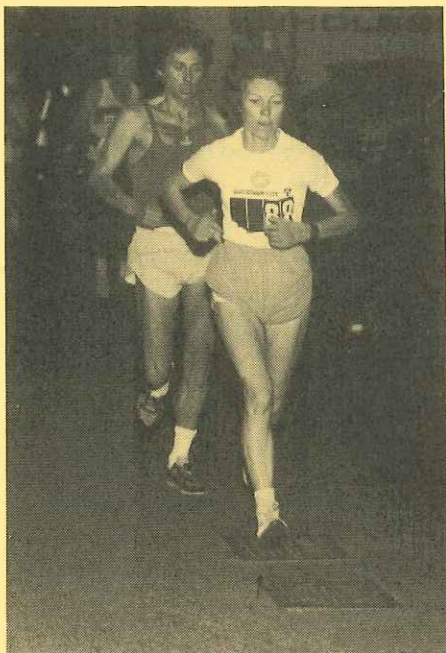
**A TOUCH OF WELCOME** Hyatt Kingsgate Rotorua offers you the standards of service, cuisine, and amenities you've come to expect in more than 115 Hyatt Hotels worldwide.

From the elegant Laura's restaurant to New Zealand's foremost spa and recreational fitness complex. Hyatt Kingsgate has created an environment of discreet luxury; a hotel with something for everyone.

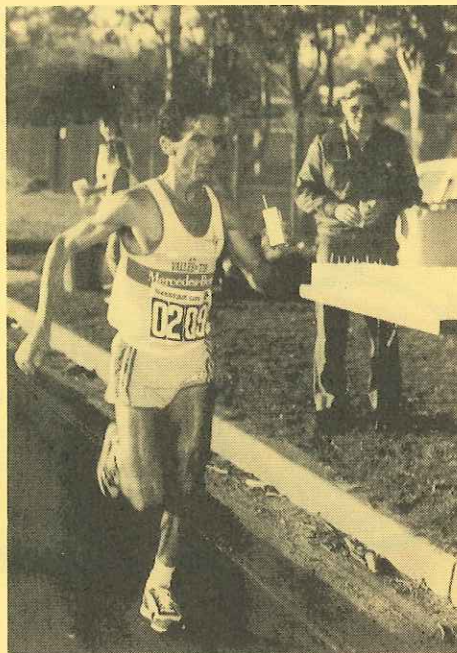
Close to all the attractions yet only minutes from the commercial centre, Hyatt Kingsgate Rotorua must be your next stop.

*A touch of Hyatt*

# THE WINNERS



Angela Deakin



Alain Lazare

Dorothy Roots and her team of pushers



# THE 'CITIES' MARATHON COMMITTEE

The 'Cities' marathon committee is a sub-committee of the Blacktown City Council's Sport & Recreation Advisory Committee, which is responsible, with Council's Recreation staff for all major sporting type events of the Council.

The committee is made up of interested local people with sporting and recreational background.

These people support Council's Recreation staff in the organisation and management of "THE CITIES".

To this Committee go the thanks of staff for another job well done.

IAIN WINTON  
BRANCH HEAD OF COUNCIL'S  
COMMUNITY SERVICE &  
RECREATION BRANCH

P.S. Council's Recreation Officer, Brian Allen, who did most of the 'paperwork' for the 1987 'CITIES' left Council in September to take up a new position in W.A.  
-we wish him well (we also wish he hadn't left us quite so early!!)

## "CITIES" SUPPORTS ITS SUPPORTERS

Each year the 'Cities' is run, organisers are aware of a growing number of runners who return to take on 'the tough one' again (and again).

Because of this, and because we recognise the effort that it takes to run a marathon, and because we want to encourage those who support the 'Cities', this year, 1988 we are offering an incentive to our faithful followers.

Every runner who has run the 'Cities' before (and can show documentation of this effect) will receive a cash discount on their entry fee. Provided they enter prior to closing date.

- Watch for Entry Forms

RUNNERS	2nd — 4th 'Cities'	\$2.00 Discount
RUNNERS	5th Cities	\$5.00 Discount

Entry Forms available in March, 1988

## '87 'CITIES' MAJOR LUCKY DRAW PRIZES

Winner of the Qantas return trip to New Zealand to run in the Fletcher Challenge Marathon.

JAMES McFALL                      3.40.41                      BOTANY

Winner of the Shane Wave Ski.

HARRY NEWMAN                      2.49.59                      MACQUARIE FIELDS

In addition a further 50 runners won lucky draws of 30 2WS/SHANE MARATHON T-shirts and "Cities" Marathon running singlets, while Bob Fickel of Ashcroft won the Spank tracksuit.



### NOTE OF APPRECIATION

Once again our appreciation goes to the volunteer groups who gave their time and effort to ensure the "Cities" runs smoothly. The "Cities" Marathon Committee wish to thank the following Groups and Associations without whose help this event could not take place:

- \* THE SYDNEY CITY COUNCIL.
- \* THE N.S.W. POLICE TRAFFIC BRANCH.
- \* THE BLACKTOWN VOLUNTARY AID DETACHMENT  
OF THE AUSTRALIAN RED CROSS.
- \* THE BLACKTOWN STATE EMERGENCY SERVICE.
- \* N.S.W. CENTRAL DISTRICT AMBULANCE.
- \* OFFICIALS FROM DOONSIDE, BLACKTOWN, LETHBRIDGE PARK, RIVERSTONE,  
HOLROYD AND PARRAMATTA LITTLE ATHLETICS.
- \* OFFICIALS FROM SPORTING CLUBS OF BLACKTOWN.
- \* LIONS CLUB OF BLACKTOWN.
- \* THE ASSOCIATION OF REMEDIAL MASSEURS (A.R.M.).

## 1987 RESULTS

CATEGORY	ENTERED	STARTED	FINISHED
MALE U/20	3	3	3
MALE 20—34 YEARS	64	53	50
MALE 35—44 YEARS	57	45	42
MALE 45—54 YEARS	31	26	25
MALE 55 AND OVER	9	9	9
FEMALE UNDER 40	7	5	5
FEMALE 40 AND OVER	6	5	5
<b>TOTAL</b>	<b>177</b>	<b>146</b>	<b>138</b>



THANKS TO:

**AUSTRALIAN**  
**RUNNER**

FOR A 'GREAT' MAGAZINE FOR OUR FIRST  
50 ENTRANTS IN THE '87 "CITIES".



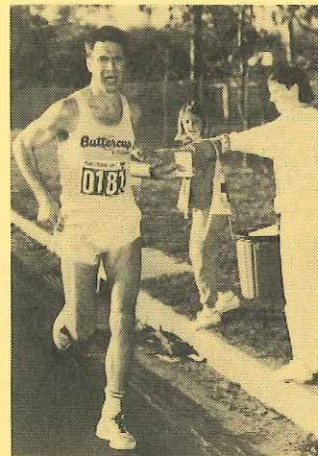
0152 — Russell Black  
0195 — Wayne Harrison  
0216 — Barry Morrell



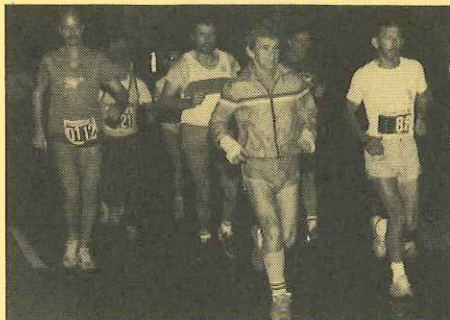
0209 — Alain Lazare  
0192 — Jean-Michel Boulanger



Ian Graves 1981 Winner



0181 — John Gumieniuk



0112 — Peter Mannina  
89 — John McIntosh

# 1988 QANTAS 'CITIES' MARATHON

**AUGUST 21st, 1988**  
**6.00am START**

**QANTAS**  
**CITIES**  
*BICENTENNIAL*  
**MARATHON**

YOU HAVEN'T RUN A MARATHON  
TILL YOU'VE RUN THE 'CITIES'.

AN OFFICIAL N.S.W. BICENTENNIAL EVENT

FURTHER DETAILS CONTACT BLACKTOWN  
COUNCIL'S RECREATION SECTION ph: 621 0011